

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Winter -Average High Temperature 17°C. -Average Low Temperature 8.8°C.	PODIATRIST 07/08/25 (H1, 6) 21/08/25 (H4, 5) AUDIOLOGIST 26/08/25 BEAUTICIAN 13/08/25 LIBRARY 12/08/25	HAPPY BIRTHDAY - Delwyn H. - Teresa C. - Joan O. - Marjery R. - Norma L. - Don B. - Jean B.		1 st 10:30 Geography Games 12:45 Roselands Shopping Trip 	2 nd 10.30 Zumba Fitness	3 rd
4 th	5 th	6 th	7 th Aged Care Employee Day	8 th	9 th	10 th
10:30 Resident to Resident Visits 1:30 Fun with Young Hearts (Painting) 1.30 Pet Therapy with Buddy	10:00 Café Day – Monthly Birthdays 1:30 Park Walk & Afternoon Tea 	10:30 Baptist service 2:00 Resident & Representative Advisory Committee	10:30 Upright Fitness & Afternoon Tea with Ponyara Preschool 1:30 Pamper Paradise	10:30 Bingo 1:30 Men’s Group (Snooker & Pub Trivia) 	10:30 Zumba Fitness 	
11 th	12 th	13 th	14 th	15 th ITALIAN FERRAGOSTO	16 th	17 th
10:30 Armchair Travel – Italy (Ferragosto) 1:30 Fun with Young Hearts (Fruit Salad) 1.30 Pet Therapy with Buddy	10:30 Catholic Service & Morning Tea 1:30 Balloon Tennis with Beverly Hills North Public School	10:30 Memory Lane (Things you don’t see anymore) 1:30 Bingo 	10:30 Happy Hour with “THE BEE GEES” 1:30 Upright Fitness	11:00 Club Marconi Lunch 	10.30 Zumba Fitness 1:30 Hope Australia Worldwide	3:30 Open Bible Baptist Service & Sing-a-long
18 th	19 th	20 th	21 st	22 nd	23 rd	24 th
10:30 Bible Studies 1:30 Fun with Young Hearts (Trivia) 1.30 Pet Therapy with Buddy	10:30 Dance, Disco and Exercises with Ponyara Preschool 1:30 Art & Craft 	10:00 Café & Puzzles Day 1:30 Bingo 2:30 Foodie Group Meeting	10:30 Digital Devices Support 1:30 Upright Fitness & Afternoon Tea	10:30 ROAR (Resident’s Organisation At Riverwood) Choir 12:45 Roselands Shopping Trip 	10.30 Zumba Fitness 	
25 th	26 th	27 th	28 th	29 th	30 th	31 st
10:30 Knitting Group 1:30 Fun with Young Hearts (Animal Bingo) 1.30 Pet Therapy with Buddy 	10:30 Arts and Crafts 1:30 Indoor Volleyball 	10:30 Music & Sing-along 3:00 Penny Charms	10:00 Table Games (with Narwee Active Kids) 1:30 Upright Fitness & Afternoon Tea	12:00 Monthly BBQ 	10.30 Zumba Fitness	

9:00-10:30 & 3:00-5:00 -Individual Activities -Pastoral/Spiritual Services
–Small-Group Activities -Hand Massage & Aromatherapy
Weekend activities are available with the care staff, including individual visits and small group activities.

