














MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 st 10:30 Knitting Group 1:30 Animal Bingo with Young Hearts 3.30 Yoga (H7)	2 nd 10.30 Café Day & Monthly Birthdays 1.30 Bingo 3.30 Board Games (H7)	3 rd 10:30 Baptist Service & Morning Tea 1:30 Men's Group (Snooker) 3.30 Tai Chi (H7)	4 th 10:30 Upright Fitness 2:00 Father's Day Happy Hour 	5 th 11:00 Ramsgate RSL – Lunch at Zen 3:30 Music & Movement with KATE! (H7.1) 	6 th 10.30 Zumba Fitness 	7 th Father's Day 
8 th 10:30 Seated Yoga & Morning Tea 1:30 Fruit Salad making with Young Hearts	9 th 10.30 Armchair Travel to MEXICO! 1:30 Bingo 3.30 Yoga (H7) 	10 th 10:30 Senior Rights Service Morning Tea 1:30 Resident-to-Resident Visit	11 th 10.30 Scone Making with Terry! 1.30 R U OK? DAY Afternoon Tea 	12 th 12:45 Roselands Shopping Trip 3.30 Music & Movement with KATE! (H7.1)	13 th 10.30 Zumba Fitness 	14 th 
15 th 10:30 Bible Studies 1:30 Collage Making with Young Hearts 3.30 Arts & Crafts (H7)	16 th 10:30 Tai Chi & Morning Tea with Wiley Park Primary 1:30 Bingo	17 th 10:30 Catholic Service & Morning Tea 1:30 Golf Games 2:30 Foodie Group Meeting	18 th 10:30 Café Day 1:30 Upright Fitness with Community Transport 	19 th 10:30 Pamper Group 1:30 Indoor Volleyball 3:30 Music & Movement with KATE! (H5)	20 th 10:30 Zumba Fitness 3:00 Hope Australia Worldwide	21 st 3:30 Open Bible Baptist Service & Sing-a-long
22 nd 10:30 Art & Craft 1:30 Soup Making with Young Hearts	23 rd 10:30 House 7 Meeting 1:00 House 1, 5 & 6 Meeting 2:30 House 2, 3 & 4 Meeting	24 th 10:30 Bingo 1:30 Upright Fitness & Afternoon Tea	25 th 10:30 Music with George (H7) 12.45 Roselands Shopping Trip 	26 th 12:00 Oktoberfest BBQ 3.30 Music & Movement with KATE! 	27 th 10.30 Zumba Fitness 	28 th 
29 th 10.30 Flower Arrangements 1:30 Painting with Young Hearts	30 th 10:30 Bingo 1.30 Fun and Fitness 3:00 Penny Charms	Spring -Average High Temperature 22°C. -Average Low Temperature 10°C		PODIATRIST 4/9/25 (2&3), 18/9/25 (1&6) AUDIOLOGIST 30/9/25 BEAUTICIAN 10/9/25 LIBRARY 5/9/25, 29/9/25	HAPPY BIRTHDAY - Nola W - Judy W - Judy W. - Peter M - Thelma C – Sylvia M - Maria D - Doug G - Cheryl E.	

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

