

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b> <b>PUBLIC HOLIDAY</b> <b>QUEEN'S BIRTHDAY</b>	<b>2</b> 9:30am Stretch & Flex Class 11:00am Music Therapy-Sing-a-Long Terrace 🎵 Smoothie Express	<b>3</b> 9:30am Latino Seated Zumba Class 2:00pm Senior & Senorita's Mexican Quiz Hairdresser Visits	<b>4</b> <b>World Taco Day</b> <b>Fabulous Fiesta Day</b> 10:30am Concert & Happy Hour 🎵	<b>5</b> 10:00am Intergenerational Friendship Group - Mother Duck 11:00am Chair Yoga Ice Cream Trolley	<b>6</b> Red Cross Visitors 10:30am Exercises with Marilyn-AI Fresco	<b>7</b> 101 Activities with Care Staff 11:30am Songs of Praise ABC 2 🎵
<b>8</b> 9:30am Lets's Move Lifestyle Group 🛤️ 10:30am Interfaith Communion Service 2:00pm Bingo	<b>9</b> 9:30am Stretch & Flex Class 🎵 10:30am Citipointe Singers 11:00am Music Therapy 2:00pm Scattergories & Games	<b>10</b> 9:30am Seated Zumba Class 10:00am Teddy Bears Picnic Day - Tea with Ted	<b>11</b> 🚐 10:00am Movie Outing: Disney Film Christopher Robin Capalaba Cinema Pampering & 1:1 Massage	<b>12</b> 9:00am Pet Therapy with Ellen & Mitzi 11:00am Music Therapy on the Terrace 🎵 Ice Cream Trolley	<b>13</b> Red Cross Visitors 10:30am Exercises & Sunshine Therapy - all areas	<b>14</b> 101 Activities with Care Staff 11:30am Songs of Praise ABC 2 🎵
<b>15</b> 9:30am Lets's Move Lifestyle Group 🛤️ 10:30am Interfaith Communion Service 2:00pm Bingo	<b>16</b> 9:30am Stretch & Flex Class 10:00am Catholic Mass & Communion With Father Alex 🛤️ 2:00pm Scattergories & Games	<b>17</b> 9:30am Seated Zumba Class 10:30am Gateway Church Hairdresser Spa Day Pampering	<b>18</b> <b>Hi-Vis Day Free Dress</b> 10:00am Outing: 🚐 Carina Leagues Club Morning Melodies 🎵	<b>19</b> 9:00am Pet Therapy with Ellen & Mitzi 9:30am Exercises & Balls, Seated Balloon Games	<b>20</b> Red Cross Visitors 10:30am Exercises & Sunshine Therapy - all areas	<b>21</b> 101 Activities with Care Staff 11:30am Songs of Praise ABC 2 🎵
<b>22</b> 9:30am Lets's Move Lifestyle Group 🛤️ 10:30am Interfaith Communion Service 2:00pm Bingo	<b>23</b> 9:30am Stretch & Flex Class 🎵 11:00am Music Therapy 2:00pm Scattergories & Games	<b>9:30am Seated Zumba Class</b> Spa Day Pampering Baking Bread	<b>25</b> 9:30am Fun & Fitness 2:00pm Quiz - Cove Book Club	<b>26</b> 9:00am Pet Therapy with Ellen & Mitzi 9:30am Exercises & Balls, Seated Balloon Games	<b>27</b> Red Cross Visitors 10:30am Exercises & Sunshine Therapy - all areas	<b>28</b> 101 Activities with Care Staff 11:30am Songs of Praise ABC 2 🎵
<b>29</b> 9:30am Lets's Move Lifestyle Group 🛤️ 10:30am Interfaith Communion Service 2:00pm Bingo	<b>30</b> Stretch & Flex Class 🎵 11:00am Music Therapy 2:00pm Scattergories & Games	<b>31</b> 9:30am Seated Zumba Class Hairdresser Spa Day Pampering				