



Activities subject to change. All group activities in *The Retreat and Reflections* unless otherwise advised.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 9:30am Gentle exercise 10:30am Game: TriBond and word games 2:30pm Men's shed with Chris- "SMB" OR Happy Hour with Paula and Karen	2 ITALIAN REPUBLIC DAY 9:30am Gentle exercise 10:30am Bocce 2:30pm Italian music: Andrea Bocelli	3 9:30am Gentle exercise 10:30am Games with Karen (Retreat) 11am Praise sing-along (L1 Library) † 2:30pm Armchair travel to Italy and quiz
4 9:30am Gentle exercise 10:30am Walking group to Portside 2:30pm Singalong	5 WORLD ENVIRONMENT DAY 9:30am BALANCE class with Rits (Physio) 10:30am Word games 2:30pm Croquet	6 9:30am Gentle exercise 10:30am Painting tutorial 2:30pm Golden Oldie: Inn of the sixth happiness (Ingrid Bergman)	7 10:30am Tai chi with Chunmei 2:30pm Portofino Presents: Andre Rieu - Greatest moments (2)	8 WORLD OCEANS DAY 9:30am Gentle exercise 10:30am Shopping in the Piazza 2:30pm Trivia, word games and songs	9 9:30am Gentle exercise 10:30am Pampered hands (Karen) 2:30pm Bingo	10 9:30am Gentle exercise 10:30am Games with Karen (Retreat) 11am Praise sing-along (L1 Library) † 2:30pm Movie: Saving Mr Banks
11 9:30am Gentle exercise 10:30am Board games 2:30pm Ten pin bowling	12 PHILIPPINES INDEPENDENCE DAY 9:30am BALANCE class with Rits (Physio) 10:30am Trivia and word games 11:15am Lord Mayor's City Hall Concert: Australian Army Band	13 9:30am Gentle exercise 10:30am Reading and reminiscing 2:30pm Golden Oldie: Kings of the sun (Yul Brynner)	14 10:00am Shopping at Toombul 2:30pm Portofino Presents: Opera highlights	15 9:30am Gentle exercise 10:30am Number games 3pm Men's shed with Chris- "SMB" OR Happy Hour with Paula and Karen	16 9:30am Gentle exercise 10:30am Pampered hands (Karen) 2:30pm Bingo	17 Refugee Week 9:30am Gentle exercise 10:30am Games with Karen (Retreat) 11am Praise sing-along (L1 Library) † 2:30pm Movie: Indiana Jones
18 9:30am Gentle exercise 10:30am Card games 2:30pm Putting for points	19 9:30am BALANCE class with Rits (Physio) 10:30am Walking group to Hamilton Library 2:30pm Painting tutorial	20 WORLD REFUGEE DAY 9:30am Gentle exercise † 10:30am Ecumenical Church service All welcome † 2:30pm Golden Oldie: The country girl (Bing Crosby and Grace Kelly)	21 9:30am Gentle exercise 10:30am Musical morning with Mary Jane 3pm Catholic Mass †	22 9:30am Gentle exercise 10:30am Word games 2:30pm Portofino Presents: Joseph and the Amazing Technicolour Dream Coat (A.L. Webber)	23 9:30am Gentle exercise 10:30am Pampered hands (Karen) 2:30pm Bingo	24 9:30am Gentle exercise 10:30am Games with Karen (Retreat) 11am Praise sing-along (L1 Library) † 2:30pm Movie: Gorillas in the mist
25 DAY OF THE SEAFARER 9:30am Gentle exercise 10:30am Trivia 11:30am LUNCH OUT!!! (Details com 3pm Ball games	26 9:30am BALANCE class with Rits (Physio) 11:15am Lord Mayor's City Hall Concert: Buddy Holly & friends 2:30pm Bocce	27 9:30am Gentle exercise 10:30am Residents' and Families' Meeting 2:30pm Golden Oldie: Anchors away (Frank Sinatra, Gene Kelly, Kathryn Grayson)	28 9:30am Gentle exercise 10:00am Shopping at Toombul 3pm Portofino Presents: Neil Diamond Greatest Hits	29 INT DAY OF THE TROPICS 9:30am Gentle exercise 10:30am Ten pin bowling 3pm Happy Hour	30 INT ASTEROID DAY 9:30am Gentle exercise 10:30am Pampered hands (Karen) 2:30pm Bingo	