



MONDAY

TUESDAY

WEDNESDAY

MORNING TEA

10.45am – 12.00pm
Boker Tov - Good Morning / Brain Gym (L2)

10.45am – 11.15am
Boker Tov - Good Morning / Busy Bodies V (GR)

11.30am – 12.15pm
Boker Tov - Good Morning / Brain Gym (L3)

10.45am – 11.15am
Gentle Seated Exercise with physio (L1)

10.45am – 11.45am
Boker Tov - Good Morning / Passport to Wellness (GR)

Scenic Bus Drive (By appointment)
10.45am – 11.30am: (L1) Meet in the lounge
11.45am – 12.30pm: (L3) Meet in the lounge

11.30am – 12.00pm
Karaoke: sing-along (L2)

10.30am – 11.15am
Advanced Busy Bodies (L3)

10.45am – 11.15am
Gentle Seated Exercise with Physio (GR)

11.15am – 12.00pm
Musical Memories (L2 Lounge)

LUNCH

Behind the Headlines with Zvi Civins V
L2 Lounge 1.00pm
GR Lounge 1.45 pm
L1 Lounge 2.00pm
L3 Lounge 2.15pm

2.00pm – 3.00pm
Art Masters Workshop (L2)

2.00pm – 3.00pm
Insights with Anthony V (L3)

1.30pm – 2.00pm
Singing with Vera (GR Lounge)

2.00pm – 3.00pm
Bright & Blooming Gardening Project (L3)

2.15pm – 3.00pm
Relaxation (L1)

AFTERNOON TEA

2.45pm – 3.15pm
Gardening Program (L2)

Simcha Gathering: Birthday, Welcome and Mazal Tov
3.00pm – 3.30pm
(Wk 1 – Ground, Wk 2 – Level 1, Wk 3 – L2, Wk 4 – L3)

3.00pm – 3.45pm
Table Games (GR + L2)

3.30pm – 4.15pm
Bus Drive (by appointment)

4.00pm – 4.45pm
Karaoke: sing-along (GR)

DINNER

Movie night
5.45pm (GR), 5.50pm (L2), 6.30pm (L1)

6.30pm - 7.15pm
Musical Soiree (L1 lounge)



Emmy Monash
Aged Care

CULTURE COMMUNITY & WELLBEING REGULAR PROGRAM
GANDEL HOUSE

AR - Alter Family Function Room
GS - Goldschlager Family Synagogue
ZR - Zelwer Conference Room
LP - Lewinsky Plaza

GR - Ground Floor Activity Room
L1 - Level 1 Activity Room
L2 - Level 2 Activity Room
L3 - Meydan Cinema Room

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MORNING TEA

10.30am – 11.15am
Boker Tov – Good Morning (GR)

10.30am – 11.00am
Active Exercise with Physio (L2)

11.30am – 12.00pm
Fun with Movement (GR)

10.30am – 11.15am
Active Exercise with Physio (L3)

11.00am – 12.00pm
Flower Arranging for Shabbat (L1)

Movie
10.00am Ground
10.10am L1
10.20am L2
10.30am L3

LUNCH

2.00pm – 3.00pm
Book Reading V (L2 Front Lounge)

3.00pm – 3.30pm
Word Games (L2)

3.00pm – 3.45pm
Relaxation (L3)

3.00pm – 3.45pm (All Lounges)
Shabbat program

4.00pm – (All Lounges)
Kabbalat Shabbat Service:
St Kilda Shule (1st + 3rd Week)
Temple Beth Israel (2nd + 4th Week)

Virtual Concert/Theatre
1.30pm Ground
1.45pm L1
2.00pm L2
2.15pm L3
2.30pm EMA

AFTERNOON TEA

Brain Gym V
3.45pm – 4.15 (L1)

Candle Lighting (Dining Rooms)
4.30pm - Ground
4.40pm – L1
4.50pm – L2
5.00pm – L3

Afternoon Games
4.00pm – 5.00pm
L2 (1st + 3rd Week)
L1 (2nd + 4th Week)

DINNER

5.15pm – 6.00pm
Musical Soiree (L3)