

Lifestyle Activities

1-5 July

Time	Location	Activity	Notes
Wednesday 1 July			
10.30am – 11am	Hub	Uniting Church Service	
2pm -3pm	Riddle North Dining	Happy Hour	Spirits available \$5
Thursday 2 July			
10am-11am	Café area	Walking Group with Garden Talk	
2pm – 3pm	Day Respite Dine	Cupcake decorating	Viv
Friday 3 July			
10am-11am	Wisteria	Seated Tai Chi & Guided Meditation	
1.30pm –3.30pm	Hub	Movie” Remarkably Bright Creatures”	
Saturday 4 July			
10am-11.30am	Riddle	Knit & Natter	
10.00am	All Areas	Treats Trolley	
2pm – 3.15pm	Hub	Singalong with Ollie and Dean	
Sunday 5 July			
10am-11am	Hub	Café Club	
2pm – 3pm	Hub	Bingo	\$2.50



NAIDOC WEEK 6TH -13TH

Lifestyle Activities

6-12 July

Time	Location	Activity	Notes
Monday 6 July NAIDOC WEEK			
10am - 11.00am	Cheater	Colour me calm	
11am -12pm	Wisteria	Library Book Group	Mystery Genre
2pm – 3.30pm	Riddle	“Let’s Talk” childhood reminiscing	
Tuesday 7 July			
9.45am-11.15am	St Clare	Art group with Meredith	\$5.00
10am-11am	Cheater	Table games	
2pm-3pm	Wisteria	Tongue twisters and Quiz	
Wednesday 8 July			
10.30am-11am	Hub	Anglican Church Service	
2pm – 3pm	Hub	Indigenous Art Workshop Yarn Sticks	
Thursday 9 July			
10am-11am	Café area	Walking Group with Garden Talk	
2pm - 3pm	Hub	Fitball drumming	
Friday 10 July			
10am-11am	Wisteria	Word Games	
2pm – 3pm	Hub	Seated Tai Chi & Guided Meditation	
Saturday 11 July			
10am - 11am	Day Respite	Cooking Demonstration	
2pm - 3pm	Hub	Bingo	\$2.50
Sunday 12 July			
10am - 11am	Cheater	Seated Exercises	
2pm - 3pm	Hub	High Tea	\$2.50

Lifestyle Activities

13-19 July

Time	Location	Activity	Notes
Monday 13 July			
10.30am – 11.30am	Hub	Catholic Mass	
2pm -3pm	Wisteria	Shuffleboard	
Tuesday 14 July			
9.45am-11.15am	St Clare	Art Group with Meredith	
9.30am	Small Meeting Rm A12	Hearing Clinic	
2pm-3pm	Wisteria small Lounge	Rhythm Circle – making music together	
Wednesday 15 July			
10.30am-11am	Hub	Uniting Church Service	
2pm-3.15pm	Riddle North	Whiteboard games	
Thursday 16 July			
10am - 11.10am	Garden/Cafe	Walking group with garden talk	
2pm-3pm	Hub	'Fleurie Harmony' concert	\$5.00
Friday 17 July			
10am - 11am	Wisteria	Seated Tai Chi & Guided Meditation	
2pm - 3pm	Hub	'No Matter What' concert	\$5.00
Saturday 18 July			
10am – 11am	Riddle	Knit & Natter	
10am	All Areas	Treats Trolley	
2pm – 3.15pm	Hub	Mitcham Rascals Ensemble	
Sunday 19 July			
10am - 11am	Hub	Café Club	
2pm - 3pm	Hub	Bingo	\$2.50

Lifestyle Activities

20-26 July

Time	Location	Activity	Notes
Monday 20 July			
10am – 11am	Hub	Tots at Dots	
2pm – 3pm	Riddle	Lifestyle Visits	
2pm - 3pm	St Clare	Craft	
Tuesday 21 July			
9.45 am – 11.15 am	St Clare	Art Group with Meredith	\$5.00
10am-11am	Cheater	Lifestyle Visits	
2pm-3.15pm	Wisteria	Table games	
Wednesday 22 July			
10.30am – 11pm	Hub	Church of Christ Church Service	
2pm – 3.15pm	Wisteria	Pretty Nails Pamper session.	
Thursday 23 July 2026 COMMONWEALTH GAMES COMMENCE			
10am – 11am	Garden/Cafe	Walking group with garden talk	
2pm - 3pm	Day Respite Dine	Men's group	Craft Beer tasting.
Friday 24 July			
10am - 11am	Riddle	Quiz	
2pm - 3pm	Hub	Seated Tai Chi & Guided Meditation	
Saturday 25 July			
10am - 11am	Day Respite	Cooking Demonstration	
2pm - 3pm	Hub	Bingo	\$2.50
Sunday 26 July			
10am-11am	Cheater	Seated Exercises	
2pm-3pm	Hub	Commonwealth Games Afternoon	

Lifestyle Activities

27-31 July

Time	Location	Activity	Notes
Monday 27 July			
10am - 11.15am	Hub	Tots at Dots	
2pm - 3pm	Day Respite dining room	Let's make a Mandala	
2pm - 3pm	Chester	Whiteboard Quiz	
Tuesday 28 July			
9.45am-11.15am	St Clare	Art group with Meredith	\$5.00
10am-11am	Riddle dining room	Table games	
2pm – 3pm	Chester	Fireside Chats & Hot Chocolates	
Wednesday 29 July			
10.30am-11am	Hub	Baptist Church Service	
2pm-3pm	Hub	Graeme Denton Concert	\$5.00
Thursday 30 July			
10am - 11.10am	Garden/Cafe	Walking group with garden talk	
2pm – 3.15pm	Wisteria	Birthday Get together	
Friday 31 July			
10am - 11am	Wisteria	Seated Tai Chi	
2pm - 3pm	Hub	Mystery Movie	