

























# AUGUST 2025 WELLBEING AND SOCIAL SUPPORT CALENDAR - ST IVES HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				<b>XMAS IN JULY 1</b>	<b>FORGIVENESS DAY 2</b>	 <b>3</b>
<i>All activities are subject to change or cancellation.</i>	<i>New residents welcome on second Friday of the month.</i>  <i>Monthly residents' birthday celebrations on last Friday of the month</i>	<i>Hairdressing and Nail Treatments on Tuesdays by appointment at 'Bloom'</i>	<i>Bookings essential for Bus Trips, Movies in Cinema and Aromatherapy - please book at reception.</i>	10:00 Pop-up Store in Café - Xmas Shopping Scarves, Jewellery 12:00 Xmas Lunch 2:30 Happy Hour with HUGH	9:30 Pet Therapy with Momo 10:30 Social morning in Café 1:30 In-room Movie 3:30 Letters to Loved Ones - Boronia Lounge 7:45 Rugby on Lounge TVs	10:30 Livestream prayer 2:00 News and Sports on TV 3:00 Coffee Social
 <b>4</b>	 <b>5</b>	 <b>6</b>	 <b>7</b>	 <b>8</b>	 <b>9</b>	 <b>10</b>
9:30 Weekly well-being 10:45 Exercise & Soccer 1:30 In-room Movie 2:00 Resident-led Bingo 3:30 Garden Appreciation	9:30 Aromatherapy 10:00 Bus - Church Point 10:30 Paint & Sketch 10:45 Exercise & Skittles 1:00 Bus - Clontarf Beach 1:30 In-room Movie 2:00 Craft and creative	10:00 Decorate & plate - Cupcakes in the Café 1:30 In-room Movie 2:00 Carpet Bowls 3:00 Sing-along with Fernando	10:00 Bus - Taplin Park 10:45 Exercise & Ball Games 1:00 Bus - Brooklyn Bridge 1:30 In-room Movie 2:00 Movie in Cinema 2:30 Aromatherapy	10:30 Paint & Sketch 10:45 Exercise & Target game 1:30 In-room Movie 2:30 Happy Hour with ALFRED New Resident Welcome!	9:30 Coffee Social 10:30 LIVE Trivia (TEAMIFFIC) 1:30 In-room Movie 2:00 Ice block trolley 3:30 Social Room Visits	10:30 Livestream prayer 2:00 News and Sports on TV 3:00 Coffee Social
  <b>11</b>	 <b>12</b>	<b>BOWLS &amp; BITES 13</b>	 <b>14</b>	<b>INDIA INDEPENDENCE DAY 15</b> <b>MUFTI-DAY</b>	<b>16</b>	 <b>17</b>
9:30 Weekly well-being 10:45 Exercise & Soccer 1:30 In-room Movie 2:00 Resident-led Bingo 3:30 Jigsaw puzzles & card games	9:30 Aromatherapy 10:00 Bus - Lane Cove Park 10:30 Paint & Sketch 10:45 Exercise & Skittles 1:00 Bus - McMahon's Point 1:30 In-room Movie 2:00 Knitting/Crochet Club	10:15 Carpet Bowls and Lunch at Wahroonga House 10:30 Musical Morning - in the Terrace Room 1:30 In-room Movie 2:00 Movie in Cinema - Dances with Wolves	10:00 Bus - Roseville Bridge 10:45 Exercise & Ball Games 1:00 Bus - Cabarita Park 1:30 In-room Movie 2:00 Movie in Cinema 2:30 Aromatherapy	10:30 Paint n Sketch 10:45 Exercise & Target game 1:30 In-room Movie 2:30 Happy Hour with MURRAY + Mango-Bellini cocktails & Samosa snacks	9:30 Coffee Social 10:30 How To? Use Your Phone 1:30 In-room Movie 3:00 Dance Performance by Fran's Group - Terrace	10:30 Livestream prayer 2:00 News and Sports on TV 3:00 Coffee Social
 <b>18</b>	 <b>19</b>	 <b>20</b>	<b>SENIOR CITIZENS DAY 21</b>	<b>22</b>	<b>23</b>	 <b>24</b>
9:30 Weekly well-being 10:45 Exercise & Soccer 1:30 In-room Movie 2:00 Resident-led Bingo 3:30 Greeting Card Making - For My Friend	9:30 Aromatherapy 10:00 Bus - Grace Cossington Smith Art Gallery 12:00 Men's Lunch with Wes 1:00 Bus - Grace Cossington Smith Art Gallery 2:00 Craft with Beads	10:00 Decorate & plate - Biscuits in the Café 1:30 In-room Movie 2:00 Carpet Bowls 2:00 Word Games	10:00 Bus - Mona Vale Beach 10:45 Exercise & Ball Games 1:00 Bus - DeeWhy Beach 1:30 In-room Movie 2:00 Movie in Cinema 2:30 Aromatherapy	10:30 Paint & Sketch 10:45 Exercise & Target game 1:30 In-room Movie 2:00 Resident Focus: Presentation in the Terrace 2:30 Happy Hour with GEOFFREY	9:30 Coffee Social 10:30 Armchair Travel Belgium 1:30 In-room Movie 2:00 Ice block trolley 3:30 Social Room Visits	10:30 Livestream prayer 2:00 News and Sports on TV 3:00 Coffee Social
 <b>25</b>	 <b>26</b>	 <b>27</b>	 <b>28</b>	 <b>29</b>	<b>30</b>	 <b>31</b>
9:30 Weekly well-being 10:45 Tai Chi with John 1:30 In room Movie 1:30 Tai Chi with John 2:00 Resident-led Bingo 3:30 Lively Library - Book Time	9:30 Aromatherapy 10:00 Bus - Narrabeen 10:30 Paint & Sketch 10:45 Exercise & Skittles 1:00 Bus - Palm Beach 1:30 In-room Movie 2:00 Knitting/Crochet Club	10:00 News and Views - group discussion in the Café 1:30 In-room Movie 2:00 Carpet Bowls 2:00 Word Games	10:00 Bus - Newport Beach 10:45 Exercise & Ball Games 1:00 Bus - Bondi Beach 1:30 In-room Movie 2:00 Movie in Cinema 2:30 Aromatherapy	10:30 Paint & Sketch 10:45 Exercise & Target game 1:30 In-room Movie 2:30 Happy Hour with DAVID Monthly Birthday Celebration!	9:30 Coffee Social 10:30 Nail pamper 1:30 In-room Movie 2:00 Ice block trolley 3:30 Social Room Visits	10:30 Livestream prayer 2:00 News and Sports on TV 3:00 Coffee Social