



SEPTEMBER 2025 WELLBEING AND SOCIAL SUPPORT CALENDAR

ST IVES HOUSE

 Monday	 Tuesday	 Wednesday	 Thursday	 Friday	 Saturday	 Sunday
SPRING IS HERE! 1	2	WORLD BEARD DAY 3	4	5	6	FATHER'S DAY 7
9:30 Weekly well-being 10:30 Trivia (Terrace Room) 10:45 Exercise & Soccer 1:30 In-room Movie 2:00 Resident-led Bingo 3:30 Walks in the Garden	9:30 Aromatherapy 10:00 Bus - Mona Vale Beach 10:45 Paint & Sketch (Ground Floor Activity Room) 10:45 Exercise & Skittles 1:00 Bus - Kirribilli Point From 3:00 Dog Therapy	10:30 Father's Day Morning Tea & Games (Terrace Room) 1:30 In-room Movie 2:00 Carpet Bowls (BlueGum Lounge Level One) 3:00 Sing-along with Fernando	10:00 Bus - Roseville Bridge 10:45 Carpet Bowls (BlueGum Lounge Level One) 1:00 Bus - Brooklyn Bridge 1:30 In-room Movie 2:00 Movie in Cinema 2:30 Aromatherapy	10:45 Paint & Sketch (Level One Activity Room) 10:45 Exercise 1:30 In-room Movie 2:30 Happy Hour w LEYLA!	9:30 Coffee Social & Pet Therapy with Momo (dog) 1:30 In-room Movie From 2:00 Ice-cream trolley 3:30 Nail Pamper / Social Room Visits	10:30 Livestream prayer 2:00 News and Sports on TV 3:00 Coffee Social
8	9	10	11	HOT CHOCOLATE DAY 12	13	14
9:30 Weekly well-being 10:30 Trivia (Terrace Room) 10:45 Exercise & Soccer 1:30 In-room Movie 2:00 Resident-led Bingo 3:30 Knitting/Crocheting Club (Ground Floor Activity Room)	9:30 Aromatherapy 10:00 Mona Vale Beach Outing 10:45 Paint & Sketch (Ground Floor Activity Room) 10:45 Exercise & Skittles 1:00 Bus - Manly Beach 1:30 In-room Movie 2:30 Residents Relatives Meeting	10:30 Musical Morning in The Terrace with Alfred! 1:30 In-room Movie 2:00 Carpet Bowls (BlueGum Lounge Level One) 3:00 Word Games/Board Games in Waratah Dining Room	10:00 Bus - West Head 10:45 Carpet Bowls (BlueGum Lounge Level One) 1:00 Bus - Cabarita Park 1:30 In-room Movie 2:00 Movie in Cinema 2:30 Aromatherapy (In-room treatment)	9:30 Hot Choc in Café 10:45 Paint & Sketch (Level One Activity Room) 10:45 Exercise 1:30 In-room Movie 2:30 Happy Hour celebrations with HUGH! New Resident Welcome!	9:30 Coffee Social 10:30 Bingo in Waratah Dining Room 1:30 In-room Movie From 2:00 Ice-cream trolley 3:30 Nail Pamper / Social Room Visits	10:30 Livestream prayer 2:00 News and Sports on TV 3:00 Coffee Social
15	STAFF APPRECIATION DAY 16	17	18	OKTOBERFEST 19	20	21
9:30 Weekly well-being 10:30 Armchair Travel GERMANY! (Terrace Room) 10:45 Exercise & Soccer 1:30 In-room Movie 2:00 Resident-led Bingo 3:30 Walks in the Garden	MUFTI-DAY (wear PINK!) 9:30 Aromatherapy 10:00 Bus - Warriewood Beach 10:45 Paint & Sketch (Ground Floor Activity Room) 10:45 Exercise & Skittles 1:00 Bus - McMahons Point 1:30 In-room Movie	10:30 Resident Focus: Presentation in The Terrace 1:30 In-room Movie 2:00 Carpet Bowls (BlueGum Lounge Level One) 3:00 Craft with Beads (Ground Floor Activities Room)	10:00 Bus - Bobbin Head 10:30 Sing Australia Musical Concert (Terrace Room) 1:00 Bus - DeeWhy Beach 1:30 In-room Movie 2:00 Movie in Cinema 2:30 Aromatherapy (In-room treatment)	10:45 Paint & Sketch (Level One Activity Room) 10:45 Exercise 1:30 In-room Movie 2:30 Happy Hour celebrations with ROB! Bring your STEINS!	9:30 Coffee Social 10:30 Bingo in Waratah Dining Room 1:30 In-room Movie From 2:00 Ice-cream trolley 3:30 Nail Pamper / Social Room Visits	10:30 Livestream prayer 2:00 News and Sports on TV 3:00 Coffee Social
22	23	24	25	26	27	28
9:30 Weekly well-being 10:45 Tai Chi (Banksia Lounge) 1:30 In room Movie 1:30 Tai Chi (BlueGum Lounge) 2:00 Resident-led Bingo	9:30 Aromatherapy 10:00 Warriewood Beach Outing 10:45 Paint & Sketch (Ground Floor Activity Room) 10:45 Exercise & Skittles 1:00 Bus - Brooklyn Bridge 1:30 In-room Movie	10:30 Happy Snaps Photos! 12:00 Men's BBQ Lunch & Beers with Wes 1:30 In-room Movie 2:00 Carpet Bowls (BlueGum Lounge Level One) 3:00 Word Games	10:00 Bus - Roseville Bridge 10:45 Carpet Bowls (BlueGum Lounge Level One) 1:00 Bus - Palm Beach 1:30 In-room Movie 2:00 Movie in Cinema 2:30 Aromatherapy	10:45 Paint & Sketch (Level One Activity Room) 10:45 Exercise 1:30 In-room Movie 2:30 Happy Hour w DAVID! Monthly Birthday Celebration!	9:30 Coffee Social 10:30 Bingo in Waratah Dining Room 1:30 In-room Movie From 2:00 Ice-cream trolley 3:30 Nail Pamper / Social Room Visits	10:30 Livestream prayer 2:00 News and Sports on TV 3:00 Coffee Social
29	LOST PROPERTY EVENT 30					
9:30 Weekly well-being 10:30 Trivia 10:45 Exercise & Soccer 1:30 In-room Movie 2:00 Resident-led Bingo 3:30 Knitting/Crocheting Club (Ground Floor Activity Room)	9:30 Aromatherapy 10:00 Bus - Church Point 10:45 Paint & Sketch (Ground Floor Activity Room) 10:45 Exercise & Skittles 1:00 Bus - Clontarf Beach 1:30 In-room Movie		All activities are subject to change or cancellation	New resident welcome every second Friday of the month. Monthly resident's birthday celebrations on last Friday of the month	Hairdressing and Nail Treatments on Tuesdays by appointment at 'Bloom'	Bookings essential for Movies in the Cinema, Bus Trips and Aromatherapy - please book at reception.