



# Aged Care – Calendar of Events for June 2026

## Culture, Respect, Health & Wellbeing

**June focuses on Reconciliation, Mabo Day, Men's Health Week, Elder Abuse Awareness, Winter Wellness and social connection.** Activities are scheduled Monday–Thursday, with weekends left free for spiritual and family supports.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 Reconciliation Week Yarning	2 Cultural Story Sharing	3 Mabo Day Celebration	4 Indigenous Art Activity	5 Morning Tea	6	7
8 Men's Health Week Launch	9 BBQ & Bus Outing	10 Gentle Exercise Session	11 Healthy Lifestyle Lunch	12 Morning Tea	13	14
15 Elder Abuse Awareness Day	16 Knowing Your Rights	17 Safety & Wellbeing Planning	18 Community Support Information	19 Morning Tea	20	21
22 Winter Wellness & Hydration	23 Music & Memories	24 Chair Yoga & Relaxation	25 Games & Social Connection	26 Morning Tea	27	28
29 Community Reflection Circle	30 June Celebration Morning Tea					