

# FEBRUARY 2024

## LEVEL 1- HOUSE 1, 2 & 3

**SUNDAY**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**



**1**

9:30 AM WELCOME TO THE DAY  
9:30 AM NICKY'S SENSORY ART THERAPY (H3)  
10:00 AM NEWS AND VIEWS & QUIZZES (H1 & 2)  
10:30 AM GESSY'S PHYSIO EXERCISES (H4)  
10:30 AM CATHOLIC VOLUNTEER VISITOR  
11:00 AM PUPPETS ALIVE (H3)  
11:00 AM CHOIR (L3)  
11:15 AM ZUMBA GOLD (H1 & 2)  
1:30 PM MEN'S GROUP (CINEMA)  
1:30 PM BINGO (H1 & 2)  
3 PM DAN'S ART THERAPY (H3)  
4 PM 1-1 ROOM VISITS

**2**

9:30 AM WELCOME TO THE DAY  
9:45 AM BALLOON THERAPY  
10:00 AM ART THERAPY WITH KIMBERLY (H3)  
10:00 AM NEWS AND VIEWS (H1 & 2)  
10:30 AM ANGLICAN MASS (CINEMA)  
10:30 AM WORD GAMES & QUIZZES (H1 & 2)  
11:00 AM IN CHAIR EXERCISES (H1 & 2)  
1:30 PM FLOOR GAMES  
3 PM CAROL SINGALONGS (L3)  
3 PM MUSICAL INSTRUMENTS  
4PM 1-1 ROOM VISITS

**3**

9:30 AM MORNING TV SHOWS  
10:30 AM MUSICAL MELODIES  
11:00 AM COFFEE AND CHAT  
1 PM TOOL BOX ACTIVITIES  
2 PM GARDEN WALKS  
4 PM HAPPY HOUR

**4**

**LIVESTREAM CHURCH**  
(BY REQUEST)  
**COFFEE & CHAT**  
**MUSICAL MOMENTS**  
**TOOLBOX ACTIVITIES**  
**NETFLIX AVAILABLE**  
**ALL DAY**

**5**

9:30 AM WELCOME TO THE DAY  
9:45 AM BALLOON THERAPY (H3)  
10:30 AM NEWS & VIEWS & QUIZZES (H1&2)  
11:15 AM IN- CHAIR EXERCISES (H1&2)  
11:30 AM MUSICAL MELODIES (H1&2)  
1:30 PM MANDY'S MEDITATION (CINEMA)  
1:30 PM DAN'S ART THERAPY (H1 & 2)  
3 PM PAMPERING (H3)  
4 PM 1-1 ROOM VISITS

**6**

9:30 AM WELCOME TO THE DAY  
9:45 AM BALLOON THERAPY (H3)  
10:00 AM SUMAN'S PHYSIO EXERCISES (H4)  
10:30 AM NEWS AND VIEWS (H1 & 2)  
11:00 AM MUSICAL MELODIES (H3)  
11:20 AM IN CHAIR EXERCISES (H1 & 2)  
1:30 PM MASTERCHEF (H1 & 2)  
3:30 PM INDOOR OR OUTDOOR WALKING GROUP (H3)  
4 PM 1-1 ROOM VISITS

**7**

9:30 AM LIFESTYLE HUDDLE MEETING  
10:30 AM NEWS AND VIEWS & QUIZZES (H1&2)  
11:15 AM ZUMBA GOLD (H3)  
1:30 PM LOCHLAN'S BUS TRIP (BEACH)  
1:30 PM BALLOON THERAPY (H3)  
1:30 PM QUIZZES AND WORD GAMES  
1:30 PM SUE'S SINGALONG'S (H6)  
2:30 PM BALLOON THERAPY (H3)  
3 PM OUTDOOR TEA PARTY (H1 & 2)  
4 PM 1-1 ROOM VISITS

**8**

9:30 AM WELCOME TO THE DAY  
9:30 AM NICKY'S SENSORY ART THERAPY (H3)  
10:00 AM INTERGENERATIONAL PROGRAM (L3)  
10:00 AM NEWS AND VIEWS & QUIZZES (H1 & 2)  
10:30 AM GESSY'S PHYSIO EXERCISES  
10:30 AM CATHOLIC VOLUNTEER VISITOR  
11:00 AM CHOIR (L3)  
11:15 AM ZUMBA GOLD (H1 & 2)  
1:30 PM MEN'S GROUP (CINEMA)  
1:30 PM BINGO (H1 & 2)  
3 PM DAN'S ART THERAPY (H3)  
4 PM 1-1 ROOM VISITS

**9**

9:30 AM WELCOME TO THE DAY  
9:45 AM BALLOON THERAPY  
10:00 AM ART THERAPY WITH KIMBERLY (H3)  
10:00 AM NEWS AND VIEWS (H1&2)  
10:30 AM CATHOLIC MASS (CINEMA)  
10:30 AM WORD GAMES & QUIZZES (H1 & 2)  
11:00 AM IN CHAIR EXERCISES (H1&2)  
1:30 PM FLOOR GAMES  
3 PM MUSICAL INSTRUMENTS  
3 PM CHINESE NEW YEAR (POWERPOINT PRESENTATION AND HOROSCOPE READING WITH GEORGINE)  
4PM 1-1 ROOM VISITS

**10**

**CHINESE NEW YEAR**  
9:30 AM MORNING TV SHOWS  
10:30 AM MUSICAL MELODIES  
11:00 AM COFFEE AND CHAT  
1 PM TOOL BOX ACTIVITIES  
2 PM GARDEN WALKS  
4 PM HAPPY HOUR

**11**

**LIVESTREAM CHURCH**  
(BY REQUEST)  
**COFFEE & CHAT**  
**MUSICAL MOMENTS**  
**TOOLBOX ACTIVITIES**  
**NETFLIX AVAILABLE**  
**ALL DAY**

**12**

9:30 AM WELCOME TO THE DAY  
9:45 AM BALLOON THERAPY (H3)  
10:30 AM NEWS & VIEWS & QUIZZES (H1&2)  
11:15 AM IN - CHAIR EXERCISES (H&2)  
11:30 AM MUSICAL MELODIES (H1&2)  
1:30 PM MANDY'S MEDITATION (CINEMA)  
1:30 PM DAN'S ART THERAPY (H1 & 2)  
2 PM OMEGA VIOLINIST (L2)  
3 PM PAMPERING (H3)  
4 PM 1-1 ROOM VISITS

**13**

9:30 AM WELCOME TO THE DAY  
9:45 AM BALLOON THERAPY (H3)  
10:00 AM SUMAN'S PHYSIO EXERCISES (H4)  
10:30 AM NEWS AND VIEWS (H1&2)  
11:00 AM MUSICAL MELODIES (H3)  
11:20 AM IN CHAIR EXERCISES (H1 & 2)  
1:30 PM LIONSHARE CAFE VISITS (H1 & 2)  
3:30 PM INDOOR OR OUTDOOR WALKING GROUP (H3)  
4 PM 1-1 ROOM VISITS

**14**

**VALENTINE'S DAY**  
9:30 AM WELCOME TO THE DAY  
10:00 AM SENSORY ART THERAPY (H3)  
10:30 AM NEWS AND VIEWS & QUIZZES (H1&2)  
10:30 AM RACHEL'S BUS TRIP POYNTON'S NURSERY)  
11:15 AM ZUMBA GOLD (H3)  
1:30 PM VALENTINES CONCERT WITH MAGGIE (L2)  
1:30 PM BALLOON THERAPY (H3)  
3 PM OUTDOOR TEA PARTY (H1&2)  
4 PM OYSTER BAR (BOARDROOM)  
4 PM 1-1 ROOM VISITS

**15**

9:30 AM WELCOME TO THE DAY  
9:30 AM NICKY'S SENSORY ART THERAPY (H3)  
10:00 AM NEWS AND VIEWS & QUIZZES (H1&2)  
10:30 AM GESSY'S PHYSIO EXERCISES  
10:30 AM CATHOLIC VOLUNTEER VISITOR  
11:00 AM CHOIR (L3)  
11:15 AM ZUMBA GOLD (H1 & 2)  
1:30 PM MEN'S GROUP (CINEMA)  
1:30 PM BINGO (H1 & 2)  
3 PM DAN'S ART THERAPY (H3)  
4 PM 1-1 ROOM VISITS

**16**

9:30 AM WELCOME TO THE DAY  
9:45 AM BALLOON THERAPY  
10:00 AM ART THERAPY WITH KIMBERLY (H3)  
10:00 AM NEWS AND VIEWS (H1&2)  
10:30 AM WORD GAMES & QUIZZES (H1 & 2)  
11:00 AM IN CHAIR EXERCISES (H1&2)  
1:30 PM FLOOR GAMES  
3 PM MUSICAL INSTRUMENTS  
4PM 1-1 ROOM VISITS

**17**

9:30 AM MORNING TV SHOWS  
10:30 AM MUSICAL MELODIES  
11:00 AM COFFEE AND CHAT  
1 PM TOOL BOX ACTIVITIES  
2 PM GARDEN WALKS  
4 PM HAPPY HOUR



## LEVEL 1- HOUSE 1, 2 & 3

### SUNDAY

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

### SATURDAY

18

19

20

21

22

23

24

**LIVESTREAM CHURCH  
( BY REQUEST )  
COFFEE & CHAT  
MUSICAL MOMENTS  
TOOLBOX ACTIVITIES  
NETFLIX AVAILABLE  
ALL DAY**

9:30 AM WELCOME TO THE DAY  
9:45 AM BALLOON THERAPY ( H3 )  
10:30 AM NEWS & VIEWS & QUIZZES ( H1 & 2 )  
11:15 AM IN CHAIR EXERCISES ( H1 & 2 )  
11:30 AM MUSICAL MELODIES ( H1 & 2 )  
1:30 MANDY'S MEDITATION ( CINEMA )  
1:30 PM DAN'S ART THERAPY ( H1 & 2 )  
3 PM PAMPERING ( H3 )  
4 PM 1-1 ROOM VISITS

9:30 AM WELCOME TO THE DAY  
9:45 AM BALLOON THERAPY ( H3 )  
10:00 AM SUMAN'S PHYSIO EXERCISES( H4 )  
10:30 AM NEWS AND VIEWS & QUIZZES ( 1 & 2 )  
11:15 IN CHAIR EXERCISES ( H1 & 2 )  
11:30 AM MUSICAL MELODIES ( H3 )  
1:30 PM MASTERCHEF ( H1 & 2 )  
3:30 PM INDOOR OR OUTDOOR WALKING GROUP ( H3 )  
4 PM 1-1 ROOM VISITS

9:30 AM LIFESTYLE HUDDLE MEETING  
10:00 AM SENSORY ART THERAPY ( H3 )  
10:30 AM NEWS AND VIEWS & QUIZZES ( H1&2 )  
11:15 AM ZUMBA GOLD ( H3 )  
1:30 PM LOCHLAN'S BUS TRIP ( HEIDI MUSEUM OF MODERN ART )  
1:30 PM SUE'S SINGALONG'S ( H6 )  
1:30 PM BALLOON THERAPY ( H3 )  
3 PM OUTDOOR TEA PARTY ( H1&2 )  
4 PM 1-1 ROOM VISITS

9:30 AM WELCOME TO THE DAY  
9:30 AM NICKY'S SENSORY ART THERAPY ( H3 )  
10:00 AM NEWS AND VIEWS & QUIZZES ( H1 & 2 )  
10:00 AM INTERGENERATIONAL PROGRAM ( L3 )  
10:30 AM GESSY'S PHYSIO EXERCISES ( H4 )  
10:30 AM CATHOLIC VOLUNTEER VISITOR  
11:00 AM CHOIR ( L3 )  
11:15 AM ZUMBA GOLD ( H1 & 2 )  
1:30 PM MEN'S GROUP ( CINEMA )  
1:30 PM BINGO ( H1 & 2 )  
3 PM DAN'S ART THERAPY ( H3 )  
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10:00 AM NEWS AND VIEWS ( H1&2 )  
10:30 AM WORD GAMES & QUIZZES ( H1 & 2 )  
11:00 AM IN CHAIR EXERCISES ( H1&2 )  
1:30 PM LIFESTYLE FOCUS MEETING ( LM )  
1:30 PM FLOOR GAMES  
3 PM MUSICAL INSTRUMENTS  
4PM 1-1 ROOM VISITS

9:30 AM MORNING TV SHOWS  
10:30 AM MUSICAL MELODIES  
11:00 AM COFFEE AND CHAT  
1 PM TOOL BOX ACTIVITIES  
2 PM GARDEN WALKS  
4 PM HAPPY HOUR

25

26

27

28

29

**LIVESTREAM CHURCH  
( BY REQUEST )  
COFFEE & CHAT  
MUSICAL MOMENTS  
TOOLBOX ACTIVITIES  
NETFLIX AVAILABLE  
ALL DAY**

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1:30 PM DAN'S ART THERAPY ( H1 & 2 )  
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10:00 AM SUMAN'S PHYSIO EXERCISES( H4 )  
10:30 AM NEWS AND VIEWS ( H1&2 )  
11:15 AM IN CHAIR EXERCISES ( H1 & 2 )  
11:30 AM MUSICAL MELODIES ( H3 )  
1:30 PM LIONSHARE CAFE VISITS ( H1 & 2 )  
2 PM FOOD APPRECIATION MEETING ( BOARDROOM )  
3:30 PM INDOOR OR OUTDOOR WALKING GROUP ( H3 )  
4 PM 1-1 ROOM VISITS

9:30 AM WELCOME TO THE DAY  
9:45 AM RACHEL'S BUS TRIP ( LIVING LEGENDS RETIRED RACE HORSES )  
10:00 AM SENSORY ART THERAPY WITH NICKY ( H3 )  
10:30 AM NEWS AND VIEWS & QUIZZES ( H1&2 )  
11:15 AM ZUMBA GOLD ( H3 )  
1:30 PM BALLOON THERAPY ( H3 )  
1:30 PM SUE'S SINGALONG'S ( H6 )  
3 PM OUTDOOR TEA PARTY ( H1&2 )  
4 PM OYSTER BAR (BOARDROOM )  
4 PM 1-1 ROOM VISITS

9:30 AM WELCOME TO THE DAY  
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10:00 AM NEWS AND VIEWS & QUIZZES ( 1 & 2 )  
10:30 AM GESSY'S PHYSIO EXERCISES  
10:30 AM CATHOLIC VOLUNTEER VISITOR  
11:00 AM GREEK MASS ( CINEMA )  
11:00 AM CHOIR ( L3 )  
11:15 AM ZUMBA GOLD ( H1 & 2 )  
1:30 PM MEN'S GROUP ( CINEMA )  
1:30 PM BINGO ( H1 & 2 )  
3 PM DAN'S ART THERAPY ( H3 )  
4 PM 1-1 ROOM VISITS

