

FEBRUARY 2024

LEVEL 2- HOUSE 4, 5 & 6

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1
9:30 AM WELCOME TO THE DAY
10:00 AM GESSY'S PHYSIO EXERCISES (H4)
10:30 AM CATHOLIC VOLUNTEER VISITOR
10:45 AM NEWS AND VIEWS
11:00 AM CHOIR (L3)
11:00 AM PUPPETS ALIVE (H3)
11:15 AM MOVIE TRIVIA
1:30 PM MEN'S GROUP(CINEMA)
1:30 PM LINDA'S ARTS AND CRAFTS
3 PM KNITTING GROUP
4 PM 1-1 ROOM VISITS

2
9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS
10:30 AM ANGLICAN MASS (CINEMA)
10:30 AM MOVIE TRIVIA
11:00 AM IN CHAIR EXERCISES
2 PM ZUMBA GOLD (H6)
2 PM TRIVIA (L4)
3 PM CAROL'S SINGALONG (L3)
3 PM LIONSHARE CAFE VISITS
3 PM LOCHLAN'S FRIDAY FIESTA
4 PM 1-1 ROOM VISITS

3
9:30 AM MORNING TV SHOWS
10:30 AM MUSICAL MOMENTS
11:00 AM LAUGHTER AND LATTES
1 PM GARDEN WALKS
2 PM AFTERNOON MOVIES
NETFLIX MOVIES AVAILABLE ALL DAY
4 PM HAPPY HOUR

4 LIVESTREAM CHURCH MASS (BY REQUEST)
10:00 AM COFFEE & CHAT
2 PM AFTERNOON MOVIE MATINEE
NETFLIX ACTIVITIES
GARDEN WALKS

5
9:30 AM WELCOME TO THE DAY
10:00 AM COUNSELLING SERVICE WITH MANDY
10:00 AM NEWS AND VIEWS
10:30 AM WORD GAMES AND QUIZZES
11:00 AM 9 LETTER WORD GAMES (L4)
1:30 PM MANDY'S MEDITATION (CINEMA)
1:30 PM MASTERCHEF
2:45 PM DOCUMENTARY
4 PM 1-1 ROOM VISITS

6
9:30 AM WELCOME TO THE DAY
10:00 AM SUMAN PHYSIO EXERCISES (4)
10:30 AM NEWS AND VIEWS
11:00 AM 9 LETTER WORD GAME (L4)
1:30 PM ART THERAPY WITH NICKY & ALEX
2:45 PM YOGA (L1)
4 PM 1-1 ROOM VISITS

7
9:30 AM LIFESTYLE HUDDLE MEETING
10:30 AM ZUMBA GOLD (H 4 & 5)
11:15 AM MOVIE TRIVIA
1:30 PM KIMBERLY'S ART THERAPY (LM)
1:30 PM LOCHLAN'S BUS TRIP (BEACH)
1:30 PM SUE'S SINGALONG'S (H6)
1:30 PM FLOOR GAMES BASKETBALL
3 PM BINGO
4 PM 1-1 ROOM VISITS

8
9:30 AM WELCOME TO THE DAY
10:00 AM GESSY'S PHYSIO EXERCISES (H4)
10:00 AM INTERGENERATIONAL PROGRAM (L3)
10:30 AM CATHOLIC VOLUNTEER VISITOR
10:45 AM NEWS AND VIEWS
11:00 AM CHOIR (L3)
11:15 AM MOVIE TRIVIA
1:30 PM MEN'S GROUP(CINEMA)
1:30 PM LINDA'S ARTS AND CRAFTS
3 PM KNITTING GROUP
4 PM 1-1 ROOM VISITS

9
9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS
10:30 AM CATHOLIC MASS (CINEMA)
10:30 AM MOVIE TRIVIA
11:00 AM IN CHAIR EXERCISES
2 PM ZUMBA GOLD (H6)
2 PM TRIVIA (L4)
3 PM CHINESE NEW YEAR (POWERPOINT PRESENTATION AND CELEBRATIONS)
HOROSCOPE READING WITH GEORGINE)
3 PM LOCHLAN'S FRIDAY FIESTA
4 PM 1-1 ROOM VISITS

10 CHINESE NEW YEAR
9:30 AM MORNING TV SHOWS
10:30 AM MUSICAL MOMENTS
11:00 AM LAUGHTER AND LATTES
1 PM GARDEN WALKS
2 PM CHINESE PARADE (VIA LIVE STREAMING)
NETFLIX MOVIES AVAILABLE ALL DAY
4 PM HAPPY HOUR

11 LIVESTREAM CHURCH MASS (BY REQUEST)
10:00 AM COFFEE & CHAT
2 PM AFTERNOON MOVIE MATINEE
NETFLIX ACTIVITIES
GARDEN WALKS

12
9:30 AM WELCOME TO THE DAY
10:00 AM COUNSELLING SERVICE WITH MANDY
10:00 AM NEWS AND VIEWS
10:30 AM WORD GAMES AND QUIZZES
11:00 AM 9 LETTER WORD GAMES (L4)
1:30 PM MANDY'S MEDITATION (CINEMA)
2 PM OMEGA VIOLINIST
2:45 PM RESIDENT CHOICE OF ARTIST
4 PM 1-1 ROOM VISITS

13
9:30 AM WELCOME TO THE DAY
10:00 AM SUMAN PHYSIO EXERCISES (H4)
10:30 AM NEWS AND VIEWS
11:00 AM 9 LETTER WORD GAME (L4)
1:30 PM ART THERAPY WITH NICKY
2:45 PM YOGA (L1)
4 PM 1-1 ROOM VISITS

14 VALENTINE'S DAY
9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS
10:30 AM ZUMBA GOLD (H 4 & 5)
10:30 AM RACHEL'S BUS TRIP (POYNTON'S NURSERY)
11:15 AM MOVIE TRIVIA
1:30 PM KIMBERLY'S ART THERAPY (LM)
1:30 PM VALENTINES CONCERT WITH MAGGIE
3 PM BINGO
4 PM OYSTER BAR (BOARDROOM)
4 PM 1-1 ROOM VISITS

15
9:30 AM WELCOME TO THE DAY
10:00 AM GESSY'S PHYSIO EXERCISES(H4)
10:30 AM CATHOLIC VOLUNTEER VISITOR
10:45 AM NEWS AND VIEWS
11:00 AM CHOIR (L3)
11:15 AM MOVIE TRIVIA
1:30 PM MEN'S GROUP (CINEMA)
1:30 PM LINDA'S ARTS AND CRAFTS
3 PM KNITTING GROUP
4 PM 1-1 ROOM VISITS

16
9:30 AM WELCOME TO THE DAY
10:00 AM NEWS AND VIEWS
10:30 AM MOVIE TRIVIA
11:00 AM IN CHAIR EXERCISES
2 PM ZUMBA GOLD (H6)
2 PM TRIVIA (L4)
3 PM CAROL'S SINGALONG (L3)
3 PM LIONSHARE CAFE VISITS
3 PM LOCHLAN'S FRIDAY FIESTA
4 PM 1-1 ROOM VISITS

17
9:30 AM MORNING TV SHOWS
10:30 AM MUSICAL MOMENTS
11:00 AM LAUGHTER AND LATTES
1 PM GARDEN WALKS
2 PM AFTERNOON MOVIES
NETFLIX MOVIES AVAILABLE ALL DAY
4 PM HAPPY HOUR

LEVEL 2- HOUSE 4, 5 & 6

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

18

**LIVESTREAM CHURCH
MASS
(BY REQUEST)
10:00 AM COFFEE &
CHAT
2 PM AFTERNOON
MOVIE
MATINEE
NETFLIX ACTIVITIES
GARDEN WALKS**

19

**9:30 AM WELCOME TO THE
DAY
10:00 AM COUNSELLING
SERVICE WITH MANDY
10:00 AM NEWS AND VIEWS
10:30 AM WORD GAMES
AND QUIZZES
11:00 AM 9 LETTER WORD
GAMES (L4)
1:30 PM MANDY'S
MEDITATION(CINEMA)
1:40 PM MANICURES WITH
RACHEL
2:45 PM DOCUMENTARY
4 PM 1-1 ROOM VISITS**

20

**9:30 AM WELCOME TO
THE DAY
10:00 AM SUMAN
PHYSIO EXERCISES(H4)
10:30 AM NEWS AND
VIEWS
11:00 AM 9 LETTER
WORD GAME (L4)
1:30 PM ART THERAPY
WITH NICKY
2:45 PM YOGA (L1)
4 PM 1-1 ROOM VISITS**

21

RESIDENT AND RELATIVE MEETING

**9:30 AM LIFESTYLE HUDDLE MEETING
10:30 AM ZUMBA GOLD
(H 4 & 5)
11:15 AM MOVIE TRIVIA
1:30 PM KIMBERLY'S ART THERAPY
(LM)
1:30 PM SUE'S SINGALONG'S
(H6)
1:30 PM LOCHLAN'S BUS TRIP
(HEIDI MUSEUM)
1:30 PM RESIDENT AND RELATIVE
MEETING
3 PM BINGO
4 PM 1-1 ROOM VISITS**

22

**9:30 AM WELCOME TO THE DAY
10:00 AM GESSY'S PHYSIO
EXERCISES
(H4)
10:00 AM INTERGENERATIONAL
PROGRAM (L3)
10:30 AM CATHOLIC VOLUNTEER
VISITOR
10:45 AM NEWS AND VIEWS
11:00 AM CHOIR (L3)
11:15 AM MOVIE TRIVIA
1:30 PM MEN'S GROUP(CINEMA)
1:30 PM LINDA'S ARTS AND CRAFTS
3 PM KNITTING GROUP
4 PM 1-1 ROOM VISITS**

23

**9:30 AM WELCOME TO THE
DAY
10:00 AM NEWS AND VIEWS
10:30 AM MOVIE TRIVIA
11:00 AM IN CHAIR
EXERCISES
1:30 PM LIFESTYLE FOCUS
MEETING (LM)
2 PM ZUMBA GOLD (H6)
2 PM TRIVIA (L4)
3 PM LIONSHARE CAFE
VISITS
3 PM LOCHLAN'S FRIDAY
FIESTA
4 PM 1-1 ROOM VISITS**

24

**9:30 AM MORNING TV
SHOWS
10:30 AM MUSICAL
MOMENTS
11:00 AM LAUGHTER
AND LATTES
1 PM GARDEN WALKS
2 PM AFTERNOON
MOVIES
NETFLIX MOVIES
AVAILABLE ALL DAY
4 PM HAPPY HOUR**

25

**LIVESTREAM
CHURCH
MASS
(BY REQUEST)
10:00 AM COFFEE &
CHAT
2 PM AFTERNOON
MOVIE
MATINEE
NETFLIX ACTIVITIES
GARDEN WALKS**

26

**9:30 AM WELCOME TO
THE DAY
10:00 AM COUNSELLING
SERVICE WITH MANDY
10:00 AM NEWS AND
VIEWS
10:30 AM WORD GAMES
AND QUIZZES
11:00 AM 9 LETTER
WORD GAMES (L4)
1:30 PM MANDY'S
MEDITATION
(CINEMA)
1:30 PM MASTERCHEF
2 :45 PM RESIDENT
CHOICE OF ARTIST
4 PM 1-1 ROOM VISITS**

27

**9:30 AM WELCOME
TO THE DAY
10:00 AM SUMAN
(PHYSIO EXERCISES)
(H4)
10:30 AM NEWS
AND VIEWS
11:00 AM 9 LETTER
WORD GAME (L4)
1:30 PM ART
THERAPY WITH
NICKY
2:45 PM YOGA
(L1)
4 PM 1-1 ROOM
VISITS**

28

**9:30 AM WELCOME TO THE DAY
9 :45 AM RACHEL'S BUS TRIP
(LIVING LEGENDS RETIRED RACE
HORSE)
10:00 AM NEWS AND VIEWS
10:30 AM ZUMBA GOLD
(H 4 & 5)
11:15 AM MOVIE TRIVIA
1:30 PM KIMBERLY'S ART
THERAPY
(LM)
1:30 PM SUE'S SINGALONG'S
(H6)
1:30 PM FLOOR GAMES
BOWLING
2 PM FOOD APPRECIATION
MEETING (BOARDROOM)
3 PM BINGO
4 PM OYSTER BAR
(BOARDROOM)
4 PM 1-1 ROOM VISITS**

29

**9:30 AM WELCOME TO THE DAY
10:00 AM GESSY'S PHYSIO
EXERCISES(H4)
10:30 AM CATHOLIC
VOLUNTEER
VISITOR
10:45 AM NEWS AND VIEWS
11:00 AM GREEK MASS
(CINEMA)
11:00 AM CHOIR (L3)
11:15 AM MOVIE TRIVIA
1:30 PM MEN'S GROUP
(CINEMA)
1:30 PM LINDA'S ARTS AND
CRAFTS
3 PM KNITTING GROUP
4 PM 1-1 ROOM VISITS**

