

FEBRUARY 2024

LEVEL 4- HOUSE 9 & 10

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1
9:30 AM WELCOME TO THE DAY
9:30 AM GESSY'S PHYSIO EXERCISES (H9)
10:15 AM NEWS AND VIEWS
10:30 AM CATHOLIC VOLUNTEER VISITOR
11:00 AM PUPPETS ALIVE (H3)
11:00 AM 9 LETTER WORD GAME
11:00 AM CHOIR (L3)
1:30 PM MEN'S GROUP (CINEMA)
2 PM ZUMBA GOLD
3:30 PM PAMPERING
4 PM 1-1 ROOM VISITS

2
9:30 AM WELCOME TO THE DAY
10:30 AM ANGLICAN MASS (CINEMA)
10:30 AM NEWS AND VIEWS
11:00 AM 9 LETTER WORD GAME
2 PM TRIVIA
3 PM CAROL'S SINGALONG (L3)
3 PM LOCHLAN'S FRIDAY FIESTA
4 PM 1-1 ROOM VISITS

3 **MORNING TV SHOWS**
11:00 AM COFFEE AND CHAT
1 PM TOOL BOX ACTIVITIES
2 PM AFTERNOON MOVIE
3 PM GARDEN WALKS
4 PM HAPPY HOUR

4
LIVESTREAM CHURCH MASS (BY REQUEST)
10:30 AM COFFEE AND CHAT
1 PM MUSICAL CONCERTS (VIA YOUTUBE)
NETFLIX AVAILABLE ALL DAY
GARDEN WALKS
TOOLBOX ACTIVITIES
SUNDAY NIGHT MOVIES

5 9:30 AM WELCOME TO THE DAY
10:00 AM SUNRISE NEWS (VIA YOUTUBE)
11:00 AM 9 LETTER WORD GAMES
1:30 PM MANDY'S MEDITATION (CINEMA)
2 PM CLASSICAL COMPOSER
3 PM MUSICAL CONCERT (VIA YOUTUBE)
4 PM 1-1 ROOM VISITS

6 9:30 AM WELCOME TO THE DAY
9:30 AM SUMAN'S PHYSIO EXERCISES (H9)
10:00 AM NEWS AND VIEWS
11:00 AM 9 LETTER WORD GAMES
2 PM BINGO
3:30 PM YOGA (L3)
3:30 PM ART THERAPY WITH NICKY
4 PM 1-1 ROOM VISITS

7 9:30 AM LIFESTYLE HUDDLE MEETING
10:30 AM NEWS AND VIEWS
11:00 AM 9 LETTER WORDS
1:30 PM KIMBERLY'S ART THERAPY (LM)
1:30 PM SUE'S SINGALONG (H6)
1:30 PM LOCHLAN'S BUS TRIP (BEACH)
2 PM DOCUMENTARY
4 PM 1-1 ROOM VISITS

8 9:30 AM WELCOME TO THE DAY
9:30 AM GESSY'S PHYSIO EXERCISES (H9)
10 AM INTERGENERATIONAL PROGRAM (L3)
10:15 AM NEWS AND VIEWS
10:30 AM CATHOLIC VOLUNTEER VISITOR
11:00 AM 9 LETTER WORD GAME
11:00 AM CHOIR (L3)
1:30 PM MEN'S GROUP (CINEMA)
2 PM ZUMBA GOLD
3:30 PM PAMPERING
4 PM 1-1 ROOM VISITS

9 9:30 AM WELCOME TO THE DAY
10:30 AM CATHOLIC MASS (CINEMA)
10:30 AM NEWS AND VIEWS
11:00 AM 9 LETTER WORD GAME
2 PM TRIVIA
3 PM CHINESE NEW YEAR (POWERPOINT PRESENTAION AND CELEBRATIONS HOROSCOPE READING WITH GEORGINE)
3 PM LOCHLAN'S FRIDAY FIESTA
4 PM 1-1 ROOM VISITS

10 **CHINESE NEW YEAR**
MORNING TV SHOWS
11:00 AM COFFEE AND CHAT
1 PM TOOL BOX ACTIVITIES
2 PM AFTERNOON MOVIE
3 PM GARDEN WALKS
4 PM HAPPY HOUR

11 LIVESTREAM CHURCH MASS (BY REQUEST)
10:30 AM COFFEE AND CHAT
1 PM MUSICAL CONCERTS (VIA YOUTUBE)
NETFLIX AVAILABLE ALL DAY
GARDEN WALKS
TOOLBOX ACTIVITIES
SUNDAY NIGHT MOVIES

12 9:30 AM WELCOME TO THE DAY
10:00 AM SUNRISE NEWS (VIA YOUTUBE)
11:00 AM 9 LETTER WORD GAMES
1:30 PM MANDY'S MEDITATION (CINEMA)
2 PM MASTERCHEF
2 PM OMEGA VIOLINIST (L2)
3 PM ARMCHAIR TRAVEL
4 PM 1-1 ROOM VISITS

13 9:30 AM WELCOME TO THE DAY
9:30 AM SUMAN'S PHYSIO EXERCISES (H9)
10:00 AM NEWS AND VIEWS
11:00 AM 9 LETTER WORD GAMES
2 PM BINGO
3:30 PM YOGA (L3)
3:30 PM ART THERAPY WITH NICKY
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 INCHAIR EXERCISES
10:30 AM RACHEL'S BUS TRIP (POYNTON,S NURSERY)
11:00 AM 9 LETTER WORDS
1:30 PM KIMBERLY'S ART THERAPY (LM)
1:30 PM VALENTINES CONCERT WITH MAGGIE (L2)
2 PM DOCUMENTARY
4 PM OYSTER BAR (BOARDROOM)

15 9:30 AM WELCOME TO THE DAY
9:30 AM GESSY'S PHYSIO EXERCISES (H9)
10:15 AM NEWS AND VIEWS
10:30 AM CATHOLIC VOLUNTEER VISITOR
11:00 AM 9 LETTER WORD GAME
11:00 AM CHOIR (L3)
1:30 PM MEN'S GROUP (CINEMA)
2 PM ZUMBA GOLD
3:30 PM PAMPERING
4 PM 1-1 ROOM VISITS

16 **RESIDENT AND RELATIVE MEETING**
9:30 AM WELCOME TO THE DAY
10:30 AM NEWS AND VIEWS
11:00 AM 9 LETTER WORD GAME
1:30 PM RESIDENT AND RELATIVE MEETING
3 PM CAROL'S SINGALONG (L3)
3 PM LOCHLAN'S FRIDAY FIESTA
4 PM 1-1 ROOM VISITS

17 **MORNING TV SHOWS**
11:00 AM COFFEE AND CHAT
1 PM TOOL BOX ACTIVITIES
2 PM AFTERNOON MOVIE
3 PM GARDEN WALKS
4 PM HAPPY HOUR

FEBRUARY 2024

LEVEL 4- HOUSE 9 & 10

SUNDAY

18

LIVESTREAM CHURCH
MASS
(BY REQUEST)
10:30 AM COFFEE AND
CHAT
1 PM MUSICAL CONCERTS
(VIA YOUTUBE)
NETFLIX AVAILABLE ALL
DAY
GARDEN WALKS
TOOLBOX ACTIVITIES
SUNDAY NIGHT MOVIES

MONDAY

19

9:30 AM WELCOME TO
THE DAY
10:00 AM SUNRISE
NEWS
(VIA YOUTUBE)
11:00 AM 9 LETTER
WORD GAMES
1 :30 PM MANDY'S
MEDITATION (CINEMA)
2 PM POETRY
3 PM REMINISCING
4 PM 1-1 ROOM VISITS

TUESDAY

20

9:30 AM WELCOME TO THE DAY
9:30 AM SUMAN'S PHYSIO
EXERCISES
(H9)
10:00 AM NEWS AND VIEWS
11:00 AM 9 LETTER WORD
GAMES
2 PM BINGO
3:30 PM YOGA (L3)
3:30 PM ART THERAPY
WITH NICKY & ALEX
4 PM 1-1 ROOM VISITS

WEDNESDAY

21

9:30 AM LIFESTYLE HUDDLE
MEETING
10:30 AM NEWS AND VIEWS
11 :00 AM 9 LETTER WORDS
1:30 PM KIMBERLY'S ART
THERAPY
(LM)
1:30 PM SUE'S SINGALONG'S
(6)
1:30 PM LOCHLAN'S BUS TRIP
(HEIDI MUSEUM)
2 PM DOCUMENTARY
4 PM 1-1 ROOM VISITS

THURSDAY

22

9:30 AM WELCOME TO THE DAY
9:30 AM GESSY'S PHYSIO
EXERCISES
(H9)
10 AM INTERGENERATIONAL
PROGRAM (L3)
10:15 AM NEWS AND VIEWS
10:30 AM CATHOLIC VOLUNTEER
VISITOR
11:00 AM 9 LETTER WORD GAME
11:00 AM CHOIR (L3)
1 :30 PM MEN'S GROUP
(CINEMA)
2 PM ZUMBA GOLD
3 :30 PM PAMPERING
4 PM 1-1 ROOM VISITS

FRIDAY

23

9:30 AM WELCOME TO
THE DAY
10:30 AM NEWS AND
VIEWS
11:00 AM 9 LETTER WORD
GAME
1:30 PM LIFESTYLE FOCUS
GROUP (LM)
2 PM TRIVIA
3 PM LOCHLAN'S FRIDAY
FIESTA
4 PM 1-1 ROOM VISITS

SATURDAY

24

MORNING TV SHOWS
11:00 AM COFFEE AND
CHAT
1 PM TOOL BOX
ACTIVITIES
2 PM AFTERNOON
MOVIE
3 PM GARDEN WALKS
4 PM HAPPY HOUR

25

LIVESTREAM CHURCH
MASS
(BY REQUEST)
10:30 AM COFFEE AND
CHAT
1 PM MUSICAL CONCERTS
(VIA YOUTUBE)
NETFLIX AVAILABLE ALL
DAY
GARDEN WALKS
TOOLBOX ACTIVITIES
SUNDAY NIGHT MOVIES

26

9:30 AM WELCOME
TO THE DAY
10:00 AM SUNRISE
NEWS
(VIA YOUTUBE)
11:00 AM 9 LETTER
WORD GAMES
1:30 PM MANDY'S
MEDITATION
(CINEMA)
2 PM MASTERCHEF
3 PM MUSICAL
CONCERT
(VIA YOUTUBE)
4 PM 1-1 ROOM
VISITS

27

9:30 AM WELCOME TO
THE DAY
9:30 AM SUMAN'S PHYSIO
EXERCISES
(H9)
10:00 AM NEWS AND
VIEWS
11:00 AM 9 LETTER WORD
GAMES
2 PM BINGO
3:30 PM YOGA (L3)
3:30 PM ART THERAPY
WITH NICKY & ALEX
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 HORSES
10:00 AM NEWS AND VIEWS
10:30 AM INCHAIR
EXERCISES
11 :00 AM 9 LETTER WORDS
1 :30 PM SUE'S SINGALONG'S
(H6)
1:30 PM KIMBERLY'S ART
THERAPY (LM)
1:30 PM FOOD
APPRECIATION MEETING
(BOARDROOM)
2 PM DOCUMENTARY
4 PM OYSTER BAR
(BOARDROOM)

29

9:30 AM WELCOME TO THE DAY
9:30 AM GESSY'S PHYSIO
EXERCISES
(H9)
10:15 AM NEWS AND VIEWS
10:30 AM CATHOLIC VOLUNTEER
VISITOR
11:00 AM GREEK MASS
(CINEMA)
11:00 AM 9 LETTER WORD GAME
11:00 AM CHOIR (L3)
1 :30 PM MEN'S GROUP
(CINEMA)
2 PM ZUMBA GOLD
3 :30 PM PAMPERING
4 PM 1-1 ROOM VISITS

