CaSPACare
Living well. Living locally.

FEBRUARY 2025
LEVEL 1- HOUSE 1 , 2 &3

*subject to change

LIBRARY SERVICES AVAILABLE

CALENDARS CAN BE TRANSLATED IN OTHER LANGUAGE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 9 :30 AM MORNING TV SHOWS 10:00 AM MORNING TEA GROUP CHAT 11:00 AM PAMPERING 12:00 PM LUNCH FINE DINING MUSIC EXPERIENCE 1:30 PM FLOOR GAMES (L2)WITH GIA 3 PM OUTDOOR OR INDOOR WALKING 3 PM ARTS AND CRAFTS (L4) 4 PM TOOLBOX OR TABLE GAMES 5 PM DINNER FINE DINING MUSIC EXPERIENCE 6 PM SUNDAY NIGHT AT THE MOVIES NETFLIX AVAILABLE ALL DAY
2 9:30 AM LIVESTREAM CHURCH MASS (BY REQUEST) 10:00 AM COFFEE AND CHAT 11:00 AM MUSICAL MELODIES 12:00 PM LUNCH FINE DINING MUSIC EXPERIENCE 2 PM FLOOR OR TABLE GAMES 3 :30 PM PAMPERING 5 PM DINNER FINE DINING MUSIC EXPERIENCE 6 PM SUNDAY NIGHT AT THE MOVIES NETFLIX AVAILABLE ALL DAY	**3** 9:30 AM WELCOME TO THE DAY 9:45 AM MUSIC AND INSTRUMENTS (H3) 10:30 AM NEWS AND VIEWS WITH QUIZZES (H1 , 2 & 3) 1:30 PM MEDITATION (CINEMA) 1:30 PM MASTERCHEF (H3) 3 PM SINGALONGS VIA YOUTUBE (H1, 2) 4 PM 1-1 ROOM VISITS	**4** 9:30 WELCOME TO THE DAY 9:45 AM BALLOON THERAPY (H3) 10:00 AM GESSY'S PHYSIO EXERCISES (L 2 H4) 10:15 AM NEWS AND VIEWS WITH QUIZZES 11:00 AM CHOIR (H1,2 & 3) 1:15 PM ARMCHAIR TRAVEL 2:45 PM YOGA 4 PM 1-1 ROOM VISITS	**5** 9:30 AM LIFESTYLE HUDDLE MEETING 10:15 AM NEWS AND VIEWS (H1 & 2) 11:00 AM CHOIR (L2) 11:15 AM ZUMBA GOLD (H3) 1:30 PM KIMBERLY'S ART THERAPY (LM) 1:30 PM TOMMY'S SINGALONG WITH HIGH TEA (H1&2 & 3) 3PM CAFE TIME 4 PM 1-1 ROOM VISITS	**6** 9:30 AM WELCOME TO THE DAY 9:45 AM BALLOON THERAPY (H3) 10:00 AM GESSY'S PHYSIO EXERCISES (H4) 10:15 AM INTERGENERATIONAL PROGRAM (L3) 10:30 AM CATHOLIC COMMUNION (1 - 1 ROOM VISITS) 11:00 AM CHOIR (L3) 11:15 AM ZUMBA GOLD (H1 & 2) 1 PM PUPPETS ALIVE (H3) 2 PM VIOLETTA AND ANETTE SINGALONGS (H3) 3 PM ARMCHAIR TRAVEL (H1 &2) 4 PM 1-1 ROOM VISITS	**7** SHOPPING TROLLEY 9:30 AM WELCOME TO THE DAY 9:45 AM REMINISCING MUSIC (H3) 10:30 AM ANGLICAN MASS (CINEMA) 10:30 AM KIMBERLY'S SENSORY ART THERAPY (H3) 11:00 AM SHOPPING TROLLEY 11:15 AM NEWS AND VIEWS WITH QUIZZES (H1 & 2) 1:30 PM FLOOR GAMES 3 PM HAPPY HOUR H1,2 & 3) 4 PM 1-1 ROOM VISITS	**8** 9 :30 AM MORNING TV SHOWS 10:00 AM MORNING TEA GROUP CHAT 11:00 AM PAMPERING 12:00 PM LUNCH FINE DINING MUSIC EXPERIENCE *1:30 PM ARTS AND CRAFTS WITH GIA (L1) 3 PM OUTDOOR OR INDOOR WALKING 3 PM TRIVIA (L3)WITH GIA 4 PM TOOLBOX OR TABLE GAMES 5 PM DINNER FINE DINING MUSIC EXPERIENCE 6 PM SUNDAY NIGHT AT THE MOVIES NETFLIX AVAILABLE ALL DAY
9 9:30 AM LIVESTREAM CHURCH MASS (BY REQUEST) 10:00 AM COFFEE AND CHAT 11:00 AM MUSICAL MELODIES 12:00 PM LUNCH FINE DINING MUSIC EXPERIENCE 2 PM FLOOR OR TABLE GAMES 3 :30 PM PAMPERING 5 PM DINNER FINE DINING MUSIC EXPERIENCE 6 PM SUNDAY NIGHT AT THE MOVIES NETFLIX AVAILABLE ALL DAY	**10** OMEGA VIOLINIST 9:30 AM WELCOME TO THE DAY 9:45 AM MUSIC & INSTRUMENTS (H3) 10:30 AM NEWS AND VIEWS WITH QUIZZES (H1 , 2 & 3) 1:30 PM CRAFT /PAINTING (H3) 1:30 PM MEDITATION (CINEMA) 2 PM OMEGA VIOLINIST(L2) 3 PM SINGALONGS VIA YOUTUBE (H1, 2) 4 PM 1-1 ROOM VISITS	**11** 9:30 WELCOME TO THE DAY 9:45 AM BALLOON THERAPY (H3) 10:00 AM GESSY'S PHYSIO EXERCISES (L 2 H4) 10:15 AM NEWS AND VIEWS WITH QUIZZES 11:00 AM CHOIR (H1,2 & 3) 1:15 PM ARMCHAIR TRAVEL 2:45 PM YOGA 4 PM 1-1 ROOM VISITS	**12** 9:30 AM WELCOME TO THE DAY 10:15 AM NEWS AND VIEWS (H1 & 2) 11:00 AM CHOIR (L2) 11:15 AM ZUMBA GOLD (H3) 1:30 PM KIMBERLY'S ART THERAPY (LM) 1:30 PM RACHEL'S BUS TRIP (RICKETTS POINT CAFE) 1:30 PM TOMMY'S SINGALONG WITH HIGH TEA (H1&2 & 3) 3PM WALKING GROUP 4 PM 1-1 ROOM VISITS	**13** 9:30 AM WELCOME TO THE DAY 9:45 AM BALLOON THERAPY (H3) 10:00 AM GESSY'S PHYSIO EXERCISES (H4) 10:30 AM CATHOLIC MASS (CINEMA) 11:00 AM CHOIR (L3) 11:15 AM ZUMBA GOLD (H1 & 2) 2 PM VIOLETTA AND ANETTE SINGALONGS (H3) 3 PM ARMCHAIR TRAVEL (H1 &2) 4 PM 1-1 ROOM VISITS	**14** VALENTINE'S DAY CONCERT 9:30 AM WELCOME TO THE DAY 9:45 AM REMINISCING MUSIC (H3) 10:30 AM KIMBERLY'S SENSORY ART THERAPY (H3) 11:15 AM NEWS AND VIEWS WITH QUIZZES (H1 & 2) 1:30 PM VALETINE'S DAY CONCERT (L4) 3 PM HAPPY HOUR H1,2 & 3) 4 PM 1-1 ROOM VISITS	**15** 9 :30 AM MORNING TV SHOWS 10:00 AM MORNING TEA GROUP CHAT 11:00 AM PAMPERING 12:00 PM LUNCH FINE DINING MUSIC EXPERIENCE 1:30 PM TRIVIA (L2)WITH GIA 3 PM OUTDOOR OR INDOOR WALKING 3 PM BINGO (L4)WITH GIA 4 PM TOOLBOX OR TABLE GAMES 5 PM DINNER FINE DINING MUSIC EXPERIENCE 6 PM SUNDAY NIGHT AT THE MOVIES NETFLIX AVAILABLE ALL DAY

CaSPACare
Living well. Living locally.

FEBRUARY 2025

LEVEL 1- HOUSE 1 , 2 &3

*subject to change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
16 9:30 AM LIVESTREAM CHURCH MASS (BY REQUEST) 10:00 AM COFFEE AND CHAT 11:00 AM MUSICAL MELODIES 12:00 PM LUNCH FINE DINING MUSIC EXPERIENCE 2 PM FLOOR OR TABLE GAMES 3 :30 PM PAMPERING 5 PM DINNER FINE DINING MUSIC EXPERIENCE 6 PM SUNDAY NIGHT AT THE MOVIES NETFLIX AVAILABLE ALL DAY	**17** LIFESTYLE FOCUS GROUP MEETING 9:30 AM WELCOME TO THE DAY 9:45 AM MUSIC INSTRUMENTS (H3) 10:30 AM NEWS AND VIEWS WITH QUIZZES (H1 , 2 & 3) 1:30 PM MASTERCHEF (H3) 1:30 PM MEDITATION (CINEMA) 1:30 PM LIFESTYLE FOCUS GROUP MEETING 3 PM SINGALONGS VIA YOUTUBE (H1, 2) 4 PM 1-1 ROOM VISITS	**18** 9:30 WELCOME TO THE DAY 9:45 AM BALLOON THERAPY (H3) 10:00 AM GESSY'S PHYSIO EXERCISES (L 2 H4) 10:15 AM NEWS AND VIEWS WITH QUIZZES 10:30 AM PET THERAPY WITH COOKIE 11:00 AM MUSIC THERAPY 1:15 PM REMINCSING MUSIC WITH INSTRUMENTS (H3) 2:45 PM YOGA 4 PM 1-1 ROOM VISITS	**19** 9:30 AM LIFESTYLE HUDDLE MEETING 10:15 AM NEWS AND VIEWS (H1 & 2) 11:00 AM CHOIR (L2) 11:15 AM ZUMBA GOLD (H3) 1:30 PM KIMBERLY'S ART THERAPY (LM) 1:30 PM LOCHLAN'S BUS TRIP (STAY ON BUS TRIP) 1:30 PM TOMMY'S SINGALONG WITH HIGH TEA (H1&2 & 3) 3PM CAFE VISITS 4 PM 1-1 ROOM VISITS	**20** LOVE YOUR PETS DAY 9:30 AM WELCOME TO THE DAY 9:45 AM BALLOON THERAPY (H3) 10:00 AM GESSY'S PHYSIO EXERCISES (H4) 10:15 AM INTERGENERATIONAL PROGRAM (L3) 10:30 AM CATHOLIC COMMUNION (1 - 1 ROOM VISITS) 11:00 AM CHOIR (L3) 11:15 AM ZUMBA GOLD (H1 & 2) 1 PM PUPPETS ALIVE (H3) 1:30 PM MENS GROUP (CINEMA) 2 PM VIOLETTA AND ANETTE SINGALONGS (H3) 3 PM DOCUMENTARY ON PETS (H1 &2) 4 PM 1-1 ROOM VISITS	**21** 9:30 AM WELCOME TO THE DAY 9:45 AM REMINISCING MUSIC (H3) 10:30 AM KIMBERLY'S SENSORY ART THERAPY (H3) 11:15 AM NEWS AND VIEWS WITH QUIZZES (H1 & 2) 1:30 PM FLOOR GAMES 3 PM HAPPY HOUR H1,2 & 3) 4 PM 1-1 ROOM VISITS	**22** 9 :30 AM MORNING TV SHOWS 10:00 AM MORNING TEA GROUP CHAT 11:00 AM PAMPERING 12:00 PM LUNCH FINE DINING MUSIC EXPERIENCE 1:30 PM ARTS AND CRAFTS (L1) 3 PM OUTDOOR OR INDOOR WALKING GROUP 3 PM FLOOR GAMES (L3) 4 PM TOOLBOX OR TABLE GAMES 5 PM DINNER FINE DINING MUSIC EXPERIENCE 6 PM SUNDAY NIGHT AT THE MOVIES NETFLIX AVAILABLE ALL DAY
23 9:30 AM LIVESTREAM CHURCH MASS (BY REQUEST) 10:00 AM COFFEE AND CHAT 11:00 AM MUSICAL MELODIES 12:00 PM LUNCH FINE DINING MUSIC EXPERIENCE 2 PM FLOOR OR TABLE GAMES 3 :30 PM PAMPERING 5 PM DINNER FINE DINING MUSIC EXPERIENCE 6 PM SUNDAY NIGHT AT THE MOVIES NETFLIX AVAILABLE ALL DAY	**24** 9:30 AM WELCOME TO THE DAY 9:45 AM MUSIC THERAPY (H3) 10:30 AM NEWS AND VIEWS WITH QUIZZES (H1 , 2 & 3) 1:30 PM MASTERCHEF (H3) 1 :30 PM MEDITATION (CINEMA) 3 PM BINGO (H1, 2) 4 PM 1-1 ROOM VISITS	**25** 9:30 WELCOME TO THE DAY 9:45 AM BALLOON THERAPY (H3) 10:00 AM GESSY'S PHYSIO EXERCISES (L 2 H4) 10:15 AM NEWS AND VIEWS WITH QUIZZES 11:00 AM MUSIC THERAPY 1:15 PM REMINCSING MUSIC WITH INSTRUMENTS (H3) 2:45 PM YOGA 4 PM 1-1 ROOM VISITS	**26** 9:30 AM WELCOME TO THE DAY 10:15 AM NEWS AND VIEWS (H1 & 2) 11:00 AM CHOIR (L2) 11:15 AM ZUMBA GOLD (H3) 1:30 PM KIMBERLY'S ART THERAPY (LM) 1:30 PM RACHEL'S BUS TRIP (NVG) 1:30 PM TOMMY'S SINGALONG WITH HIGH TEA (H1&2 & 3) 2 PM FOOD APPRECIATION MEETING (BOARDROOM) 3PM WALKING GROUP 4 PM OYSTER BAR (BOARDROOM) 4 PM 1-1 ROOM VISITS	**27** 9:30 AM WELCOME TO THE DAY 9:45 AM BALLOON THERAPY (H3) 10:00 AM GESSY'S PHYSIO EXERCISES (H4) 10:30 AM CATHOLIC COMMUNION (1_1 ROOM VISITS) 11:00 AM GREEK ORTHODOX MASS (1-1 ROOM VISITS) 11:00 AM CHOIR (L3) 11:15 AM ZUMBA GOLD (H1 & 2) 1:30 PM MENS GROUP (CINEMA) 2 PM VIOLETTA AND ANETTE SINGALONGS (H3) 3 PM ARMCHAIR TRAVEL (H1 &2) 4 PM 1-1 ROOM VISITS	**28** 9:30 AM WELCOME TO THE DAY 9:45 AM REMINISCING MUSIC (H3) 10:30 AM KIMBERLY'S SENSORY ART THERAPY (H3) 11:15 AM NEWS AND VIEWS WITH QUIZZES (H1 & 2) 1:30 PM FLOOR GAMES 3 PM HAPPY HOUR H1,2 & 3) 4 PM 1-1 ROOM VISITS	