CaSPACare
Living well. Living locally.

FEBRUARY 2025
LEVEL 2- HOUSE 4, 5 & 6

*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 10:30 AM REMINISCING MUSIC VIA YOUTUBE 11:00 AM LAUGHTER AND LATTES 12 :00 PM LUNCH FINE DINING MUSIC EXPERIENCE 1:30 PM FLOOR GAMES (L2) 3 PM ARTS AND CRAFTS (L4) 3 PM TOOLBOX ACTIVITIES 5 PM DINNER FINE DINING MUSIC EXPERIENCE 6 PM SATURDAY 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 MUSIC MELODIES 12:00 PM LUNCH FINE DINING MUSIC EXPERIENCE 1:30 PM TOOLBOX ACTIVITIES 3: 00 PM GARDEN OR INDOOR WALKS 5 PM DINNER FINE DINING EXPERIENCE MUSIC 6 PM SUNDAY NIGHT AT THE MOVIES NETFLIX AVAILABLE ALL DAY	**3** 9:30 AM WELCOME TO THE DAY 10:00 AM NEWS AND VIEWS WITH QUIZZES 11:15 AM IN CHAIR EXERCISES WITH MUSIC 1:30 PM MEDITATION (CINEMA) 1:30 PM CAFE TIME 3 PM BINGO 4 PM 1-1 ROOM VISITS	**4** 9:30 AM WELCOME TO THE DAY 10:00 GESSY'S PHYSIO EXERCISES 10:30 AM NEWS AND VIEWS WITH QUIZZES 11:15 AM IN CHAIR EXERCISES WITH MUSIC 1:30 PM MASTERCHEF 2 :45 PM YOGA (L1) 3:15 PM FLOOR GAMES OR TABLE GAMES 4 PM 1-1 ROOM VISITS	**5** 9:30 AM LIFESTYLE HUDDLE MEETING 10:15 AM ZUMBA GOLD 11:00 AM CHOIR 1:30 PM KIMBERLY'S ART THERAPY 1:30 PM TOMMY'S SINGALONGS WITH HIGH TEA (L1) 1:30 PM BALLOON THERAPY 3 PM COMMUNITY WALKS 4 PM 1-1 ROOM VISITS	**6** 9:30 AM WELCOME TO THE DAY 10:00 AM GESSY'S PHYSIO EXERCISES (H4) 10:15 AM INTERGENERATIONAL PROGRAM (L3) 10:15 AM NEWS AND VIEWS WITH QUIZZES 10:30 AM CATHOLIC COMMUNION 1-1 ROOM VISITS 11:00 AM CHOIR (L3) 1 PM PUPPETS ALIVE (L1 H3) 1:30 PM FACIALS , HAND MASSAGES OR MAKEOVER WITH HIGH TEA 3 PM KNITTING GROUP 4 PM 1-1 ROOM VISITS	**7** 9:30 AM WELCOME TO THE DAY 10:00 AM NEWS AND VIEWS WITH QUIZZES 10:30 AM ANGLICAN MASS 11:15 AM IN CHAIR EXERCISES 2 PM ZUMBA GOLD 3 PM HAPPY HOUR (4,5& 6) 4 PM 1-1 ROOM VISITS	**8** 9:30 AM MORNING TV SHOWS 10:30 AM REMINISCING MUSIC VIA YOUTUBE 11:00 AM LAUGHTER AND LATTES 12 :00 PM LUNCH FINE DINING MUSIC EXPERIENCE 1:30 ARTS AND CRAFTS (L1) WITH GIA 3 PM TRIVIA (L3) WITH GIA 3 PM TOOLBOX ACTIVITIES 5 PM DINNER FINE DINING MUSIC EXPERIENCE 6 PM SATURDAY 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 MUSIC MELODIES 12:00 PM LUNCH FINE DINING MUSIC EXPERIENCE 1:30 PM TOOLBOX ACTIVITIES 3: 00 PM GARDEN OR INDOOR WALKS 5 PM DINNER FINE DINING EXPERIENCE MUSIC 6 PM SUNDAY NIGHT AT THE MOVIES NETFLIX AVAILABLE ALL DAY	**10** *OMEGA VIOLINIST* 9:30 AM WELCOME TO THE DAY 10:00 AM NEWS AND VIEWS WITH QUIZZES 11:15 AM IN CHAIR EXERCISES WITH MUSIC 1 :30 PM MEDITATION (CINEMA) 2 PM OMEGA VIOLINIST 3 PM BINGO 4 PM 1-1 ROOM VISITS	**11** 9:30 AM WELCOME TO THE DAY 10:00 GESSY'S PHYSIO EXERCISES 10:30 AM NEWS AND VIEWS WITH QUIZZES 11:15 AM IN CHAIR EXERCISES WITH MUSIC 1:30 PM MASTERCHEF 2 :45 PM YOGA (L1) 3:15 PM CREATIVE ARTS 4 PM 1-1 ROOM VISITS	**12** 9:30 AM WELCOME TO THE DAY 10:15 AM ZUMBA GOLD 11:00 AM CHOIR 1:30 PM KIMBERLY'S ART THERAPY 1:30 PM RACHEL'S BUS TRIP (RICKETTS POINT CAFE) 1:30 PM TOMMY'S SINGALONGS WITH HIGH TEA (L1) 1:30 PM PAMPERING 3 PM COMMUNITY WALKS 4 PM 1-1 ROOM VISITS	**13** 9:30 AM WELCOME TO THE DAY 10:00 AM GESSY'S PHYSIO EXERCISES 10:15 AM NEWS AND VIEWS WITH QUIZZES 10:30 AM CATHOLIC MASS (CINEMA) 11:00 AM CHOIR (L3) 1 PM PUPPETS ALIVE (L1 H3) 1:30 PM FACIALS , HAND MASSAGES OR MAKEOVER WITH HIGH TEA 3 PM KNITTING GROUP 4 PM 1-1 ROOM VISITS	**14** *VALENTINE'S DAY CONCERT* *SHOPPING TROLLEY* 9:30 AM WELCOME TO THE DAY 10:00 AM NEWS AND VIEWS WITH QUIZZES 11:00 AM SHOPPING TROLLEY 11:15 AM IN CHAIR EXERCISES 1:30 PM VALENTINES DAY CONCERT (H4) 2 PM ZUMBA GOLD 3 PM HAPPY HOUR (4,5& 6) 4 PM 1-1 ROOM VISITS	**15** 9:30 AM MORNING TV SHOWS 10:30 AM REMINISCING MUSIC VIA YOUTUBE 11:00 AM LAUGHTER AND LATTES 12 :00 PM LUNCH FINE DINING MUSIC EXPERIENCE 1:30 PM TRIVIA WITH GIA (L2) 3 PM BINGO (L4) 3 PM TOOLBOX ACTIVITIES 5 PM DINNER FINE DINING MUSIC EXPERIENCE 6 PM SATURDAY NIGHT AT THE MOVIES NETFLIX AVAILABLE ALL DAY

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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 MUSIC MELODIES 12:00 PM LUNCH FINE DINING MUSIC EXPERIENCE 1:30 PM TOOLBOX ACTIVITIES 3: 00 PM GARDEN OR INDOOR WALKS 5 PM DINNER FINE DINING EXPERIENCE MUSIC 6 PM SUNDAY NIGHT AT THE MOVIES NETFLIX AVAILABLE ALL DAY	**17** 9:30 AM WELCOME TO THE DAY 10:00 AM NEWS AND VIEWS WITH QUIZZES 11:15 AM IN CHAIR EXERCISES WITH MUSIC 1:30 PM MEDITATION (CINEMA) 1:30 PM CAFE TIME 3 PM BINGO 4 PM 1-1 ROOM VISITS	**18** LIFESTYLE FOCUS GROUP MEETING 9:30 AM WELCOME TO THE DAY 10:00 GESSY'S PHYSIO EXERCISES 10:30 AM NEWS AND VIEWS WITH QUIZZES 10:30 AM PET THERAPY WITH COOKIE 11:15 AM IN CHAIR EXERCISES WITH MUSIC 1:30 PM LIFESTYLE FOCUS GROUP MEETING 2 :45 PM YOGA (L1) 3:15 PM FLOOR GAMES OR TABLE GAMES 4 PM 1-1 ROOM VISITS	**19** 9:30 AM LIFESTYLE HUDDLE MEETING 10:15 AM ZUMBA GOLD 11:00 AM CHOIR 1:30 PM KIMBERLY'S ART THERAPY 1:30 PM LOCHLAN'S BUS TRIP (STAY ON BUS TRIP) 1:30 PM TOMMY'S SINGALONGS WITH HIGH TEA (L1) 1:30 PM PAMPERING 3 PM COMMUNITY WALKS 4 PM 1-1 ROOM VISITS	**20** 9:30 AM WELCOME TO THE DAY 10:00 AM GESSY'S PHYSIO EXERCISES 10:15 AM INTERGENERATIONAL PROGRAM (L3) 10:15 AM NEWS AND VIEWS WITH QUIZZES 10:30 AM CATHOLIC COMMUNION 1-1 ROOM VISITS 11:00 AM CHOIR (L3) 1 PM PUPPETS ALIVE (L1 H3) 1:30 PM FACIALS , HAND MASSAGES OR MAKEOVER WITH HIGH TEA 1:30 PM MENS; GROUP (CINEMA) 3 PM KNITTING GROUP 4 PM 1-1 ROOM VISITS	**21** 9:30 AM WELCOME TO THE DAY 10:00 AM NEWS AND VIEWS WITH QUIZZES 11:00 AM SHOPPING TROLLEY 11:15 AM IN CHAIR EXERCISES 2 PM ZUMBA GOLD 3 PM HAPPY HOUR (4,5& 6) 4 PM 1-1 ROOM VISITS	**22** 9:30 AM MORNING TV SHOWS 10:30 AM REMINISCING MUSIC VIA YOUTUBE 11:00 AM LAUGHTER AND LATTES 12 :00 PM LUNCH FINE DINING MUSIC EXPERIENCE 1:30 PM ARTS AND CRAFTS WITH GIA (1) 1:30 PM GARDEN WALKS 3 PM FLOOR GAMES (L3)WITH GIA 3 PM TOOLBOX ACTIVITIES 5 PM DINNER FINE DINING MUSIC EXPERIENCE 6 PM SATURDAY 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 MUSIC MELODIES 12:00 PM LUNCH FINE DINING MUSIC EXPERIENCE 1:30 PM TOOLBOX ACTIVITIES 3: 00 PM GARDEN OR INDOOR WALKS 5 PM DINNER FINE DINING EXPERIENCE MUSIC 6 PM SUNDAY NIGHT AT THE MOVIES NETFLIX AVAILABLE ALL DAY	**24** 9:30 AM WELCOME TO THE DAY 10:00 AM NEWS AND VIEWS WITH QUIZZES 11:15 AM IN CHAIR EXERCISES WITH MUSIC 1:30 PM MEDITATION (CINEMA) 1:30 PM CAFE TIME 3 PM BINGO 4 PM 1-1 ROOM VISITS	**25** 9:30 AM WELCOME TO THE DAY 10:00 GESSY'S PHYSIO EXERCISES 10:30 AM NEWS AND VIEWS WITH QUIZZES 11:15 AM IN CHAIR EXERCISES WITH MUSIC 1:30 PM MASTERCHEF 2 :45 PM YOGA (L1) 3:15 PM CREATIVE ARTS 4 PM 1-1 ROOM VISITS	**26** RESIDENT AND RELATIVE MEETING 9:30 AM WELCOME TO THE DAY 10:15 AM ZUMBA GOLD 11:00 AM CHOIR 1:30 PM KIMBERLY'S ART THERAPY 1:30 PM RACHEL'S BUS TRIP (NVG) 1:30 PM TOMMY'S SINGALONGS WITH HIGH TEA (L1) 1:30 PM RESIDENT AND RELATIVE MEETING 2 PM FOOD APPRECIATION MEETING (BOARDROOM) 3 PM MUSIC MELODIES 4 PM 1-1 ROOM VISITS 4 PM OYSTER BAR (BOARDRROM)	**27** 9:30 AM WELCOME TO THE DAY 10:00 AM GESSY'S PHYSIO EXERCISES 10:15 AM NEWS AND VIEWS WITH QUIZZES 10:30 AM CATHOLIC COMMUNION 1-1 ROOM VISITS 11:00 AM GREEK ORTHODOX MASS (1-1 ROOM VISITS) 11:00 AM CHOIR (L3) 1 PM PUPPETS ALIVE (L1 H3) 1:30 PM FACIALS , HAND MASSAGES OR MAKEOVER WITH HIGH TEA 1:30 PM MENS GROUP (CINEMA) 3 PM KNITTING GROUP 4 PM 1-1 ROOM VISITS	**28** 9:30 AM WELCOME TO THE DAY 10:00 AM NEWS AND VIEWS WITH QUIZZES 11:15 AM IN CHAIR EXERCISES 2 PM ZUMBA GOLD 3 PM HAPPY HOUR (4,5& 6) 4 PM 1-1 ROOM VISITS	