CaSPACare
Living well. Living locally.

FEBRUARY 2025
LEVEL 3- HOUSE 7 & 8

*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 MUSICAL MELODIES 11:00 AM SHERRY ZAK IN CHAIR YOGA EXERCISES (VIA YOUTUBE) 12 :00 PM LUNCH FINE DINING MUSIC EXPERIENCE 1:30 PM FLOOR GAMES (L2) 2 PM MOVIE MATINEE 3 PM ARTS AND CRAFTS (L4) 3:30 PM INDOOR OR OUTDOOR WALKING 5 PM DINNER FINE DINING MUSIC EXPERIENCE 6 PM SATURDAY NIGHT AT MOVIES NETFLIX AVAILABLE ALL DAY
2 LIVESTREAM CHURCH MASS BY REQUEST 10:00 AM COFFEE AND CHAT 11:00 AM SINGALONGS WITH LYRICS (VIA YOUTUBE) 12:00 PM LUNCH FINE DINING MUSIC EXPERIENCE 2 PM MOVIE MATINEE 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 10:15 AM NEWS AND VIEWS 11 :00 AM 9 LETTER WORD GAME (L4) 1:15 PM ARMCHAIR TRAVEL 1:30 PM MEDITATION (CINEMA) 3:15 PM COMMUNITY OR INDOOR , OUTDOOR WALKS 4 PM 1-1 ROOM VISITS	**4** FLOWERING ARRANGING 9:30 AM WELCOME TO THE DAY 9:30 AM GESSY'S PHYSIO EXERCISES (H9) 10:15 AM NEWS AND VIEWS WITH QUIZZES 11:00 AM IN CHAIR EXERCISES 11:00 AM 9 LETTER WORD GAME (L4) 1:30 PM FLOWER ARRANGING 3:30 PM YOGA 4 PM 1-1 ROOM VISITS	**5** BOOK CLUB 9:30 AM LIFESTYLE HUDDLE MEETING 10:00 AM NEWS AND VIEWS & QUIZZES WITH DAVE AND RICK 11:00 AM CHOIR (L2) 1:30 PM TOMMY'S SINGALONG WITH HIGH TEA (L1) 1 :30 PM KIMBERLY'S ART THERAPY (LM) 1:30 PM BOOK CLUB 3 PM ARMCHAIR TRAVEL 4 PM 1-1 ROOM VISITS	**6** TEN PIN BOWLING 9:30 AM WELCOME TO THE DAY 9:30 AM GESSY'S PHYSIO EXERCISES 10:15 AM INTERGENERATION PROGRAM 10:30 AM CATHOLIC COMMUNION (1-1 ROOM VISITS 11:00 AM CHOIR 1:15 PM ZUMBA GOLD 2 PM TEN PIN BOWLING 4 PM 1-1 ROOM VISITS	**7** 9:30 AM WELCOME TO THE DAY 10:00 AM NEWS AND VIEWS 10:30 AM WORD GAMES & QUIZZES 10:30 AM ANGLICAN MASS (CINEMA) 11:00 AM IN CHAIR EXERCISES 1:30 PM BINGO 3 PM HAPPY HOUR 4 PM 1-1 ROOM VISITS	**8** 9:30 AM MORNING TV SHOWS 10:00 AM MUSICAL MELODIES 11:00 AM SHERRY ZAK IN CHAIR YOGA EXERCISES (VIA YOUTUBE) 12 :00 PM LUNCH FINE DINING MUSIC EXPERIENCE 1:30 PM ARTS & CRAFTS (L1) 2 PM MOVIE MATINEE 3 PM TRIVIA (L3) WITH GIA 3:30 PM INDOOR OR OUTDOOR WALKING 5 PM DINNER FINE DINING MUSIC EXPERIENCE 6 PM SATURDAY NIGHT AT MOVIES NETFLIX AVAILABLE ALL DAY
9 LIVESTREAM CHURCH MASS BY REQUEST 10:00 AM COFFEE AND CHAT 11:00 AM SINGALONGS WITH LYRICS (VIA YOUTUBE) 12:00 PM LUNCH FINE DINING MUSIC EXPERIENCE 2 PM MOVIE MATINEE 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 10:15 AM NEWS AND VIEWS 11 :00 AM 9 LETTER WORD GAME (L4) 1:15 PM ARMCHAIR TRAVEL 1:30 PM MEDIATION (CINEMA) 2 PM OMEGA VIOLINIST (L2) 3:15 PM COMMUNITY OR INDOOR , OUTDOOR WALKS 4 PM 1-1 ROOM VISITS	**11** 9:30 AM WELCOME TO THE DAY 9:30 AM GESSY'S PHYSIO EXERCISES (H9) 10:15 AM NEWS AND VIEWS WITH QUIZZES 11:00 AM IN CHAIR EXERCISES 11:00 AM 9 LETTER WORD GAME (L4) 1:30 PM CAFE VISITS 3:30 PM YOGA 4 PM 1-1 ROOM VISITS	**12** 9:30 AM WELCOME TO THE DAY 10:00 AM NEWS AND VIEWS & QUIZZES WITH DAVE AND RICK 11:00 AM CHOIR (L2) 1:30 PM TOMMY'S SINGALONG WITH HIGH TEA (L1) 1 :30 PM KIMBERLY'S ART THERAPY (LM) 1:30 PM RACHEL'S BUS TRIP (RICKETTS POINT CAFE) 3 PM ARMCHAIR TRAVEL TO COLOMBIA 4 PM 1-1 ROOM VISITS	**13** WORLD RADIO DAY 9:30 AM WELCOME TO THE DAY 9:30 AM GESSY'S PHYSIO EXERCISES 10:15 AM NEWS AND VIEWS 10:30 AM CATHOLIC MASS (CINEMA) (1-1 ROOM VISITS 11:00 AM CHOIR 1:15 PM ZUMBA GOLD 2 PM HISTORY OF RADIO (VIA YOUTUBE) 4 PM 1-1 ROOM VISITS	**14** VALENTINE'S DAY CONCERT 9:30 AM WELCOME TO THE DAY 10:00 AM NEWS AND VIEWS 10:30 AM WORD GAMES & QUIZZES 11:00 AM IN CHAIR EXERCISES 1:30 PM RESIDENTS CHOICE OF ARTIST 1:30 PM VALENTINES DAY CONCERT (L4) 3 PM HAPPY HOUR 4 PM 1-1 ROOM VISITS	**15** 9:30 AM MORNING TV SHOWS 10:00 AM MUSICAL MELODIES 11:00 AM SHERRY ZAK IN CHAIR YOGA EXERCISES (VIA YOUTUBE) 12 :00 PM LUNCH FINE DINING MUSIC EXPERIENCE 1:30 PM TRIVIA (L2) 2 PM MOVIE MATINEE 3 PM BINGO (L4) WITH GIA 3:30 PM INDOOR OR OUTDOOR WALKING 5 PM DINNER FINE DINING MUSIC EXPERIENCE 6 PM SATURDAY NIGHT AT MOVIES NETFLIX AVAILABLE ALL DAY

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
16 LIVESTREAM CHURCH MASS BY REQUEST 10:00 AM COFFEE AND CHAT 11:00 AM SINGALONGS WITH LYRICS (VIA YOUTUBE) 12:00 PM LUNCH FINE DINING MUSIC EXPERIENCE 2 PM MOVIE MATINEE 3:30 PM PAMPERING 5 PM DINNER FINE DINING MUSIC EXPERIENCE 6 PM SUNDAY NIGHT AT THE MOVIES NETFLIX AVAILABLE ALL DAY	**17** 9:30 AM WELCOME TO THE DAY 10:15 AM NEWS AND VIEWS 11 :00 AM 9 LETTER WORD GAME (L4) 1:15 PM ARMCHAIR TRAVEL 1:30 PM MEDITATION (CINEMA) 3:15 PM COMMUNITY OR INDOOR , OUTDOOR WALKS 4 PM 1-1 ROOM VISITS	**18** DRINK WINE DAY 9:30 AM WELCOME TO THE DAY 9:30 AM GESSY'S PHYSIO EXERCISES (H9) 10:15 AM NEWS AND VIEWS WITH QUIZZES 10:30 AM PET THERAPY WITH COOKIE 11:00 AM IN CHAIR EXERCISES 11:00 AM 9 LETTER WORD GAME (L4) 1:30 PM DRINK WINE DAY LADIES HIGH TEA WITH WINE 3:30 PM YOGA 4 PM 1-1 ROOM VISITS	**19** LIFESTYLE FOCUS GROUP MEETING CHOCOLATE MINT DAY 9:30 AM LIFESTYLE HUDDLE MEETING 10:00 AM NEWS AND VIEWS & QUIZZES WITH DAVE AND RICK 11:00 AM CHOIR (L2) 1:30 PM TOMMY'S SINGALONG WITH HIGH TEA (L1) 1 :30 PM KIMBERLY'S ART THERAPY (LM) 1:30 PM LOCHLAN'S BUS TRIP (STAY ON BUS) 1:30 PM LIFESTYLE FOCUS GROUP MEETING 2 PM MASTERCHEF CHOCOLATE MINT BALLS 4 PM 1-1 ROOM VISITS	**20** LOVE YOUR PET DAY 9:30 AM WELCOME TO THE DAY 9:30 AM GESSY'S PHYSIO EXERCISES 10:15 AM INTERGENERATIONAL PROGRAM 10:30 AM CATHOLIC COMMUNION (1-1 ROOM VISITS 11:00 AM CHOIR 1:15 PM ZUMBA GOLD 1:30 PM MENS GROUP (CINEMA) 2 PM DISCUSSION AND PRESENTATION ON ALL PETS BIG OR SMALL 4 PM 1-1 ROOM VISITS	**21** SHOPPING TROLLEY 9:30 AM WELCOME TO THE DAY 10:00 AM NEWS AND VIEWS 10:30 AM WORD GAMES & QUIZZES 11:00 AM SHOPPING TROLLEY 1:30 PM BINGO 3 PM HAPPY HOUR 4 PM 1-1 ROOM VISITS	**22** 9:30 AM MORNING TV SHOWS 10:00 AM MUSICAL MELODIES 11:00 AM SHERRY ZAK IN CHAIR YOGA EXERCISES (VIA YOUTUBE) 12 :00 PM LUNCH FINE DINING MUSIC EXPERIENCE 1:30 PM ARTS AND CRAFTS WITH GIA (L1) 2 PM MOVIE MATINEE 3 PM FLOOR GAMES (L3)WITH GIA 3:30 PM INDOOR OR OUTDOOR WALKING 5 PM DINNER FINE DINING MUSIC EXPERIENCE 6 PM SATURDAY NIGHT AT MOVIES NETFLIX AVAILABLE ALL DAY
23 LIVESTREAM CHURCH MASS BY REQUEST 10:00 AM COFFEE AND CHAT 11:00 AM SINGALONGS WITH LYRICS (VIA YOUTUBE) 12:00 PM LUNCH FINE DINING MUSIC EXPERIENCE 2 PM MOVIE MATINEE 3:30 PM PAMPERING 5 PM DINNER FINE DINING MUSIC EXPERIENCE 6 PM SUNDAY NIGHT AT THE MOVIES NETFLIX AVAILABLE ALL DAY	**24** TENNIS OPEN MATCH 9:30 AM WELCOME TO THE DAY 10:15 AM NEWS AND VIEWS 11 :00 AM 9 LETTER WORD GAME (L4) 1:30 PM CASPA CARE TENNIS OPEN MATCH 1:30 PM MEDITAION (CINEMA) 3 PM PAMPERING 4 PM 1-1 ROOM VISITS	**25** 9:30 AM WELCOME TO THE DAY 9:30 AM GESSY'S PHYSIO EXERCISES (H9) 10:15 AM NEWS AND VIEWS WITH QUIZZES 11:00 AM IN CHAIR EXERCISES 11:00 AM 9 LETTER WORD GAME (L4) 1:30 PM CAFE VISITS 3:30 PM YOGA 4 PM 1-1 ROOM VISITS	**26** 9:30 AM WELCOME TO THE DAY 10:00 AM NEWS AND VIEWS & QUIZZES WITH DAVE AND RICK 11:00 AM CHOIR (L2) 1:30 PM TOMMY'S SINGALONG WITH HIGH TEA (L1) 1 :30 PM KIMBERLY'S ART THERAPY (LM) 1:30 PM RACHEL'S BUS TRIP (NVG) 2 PM FOOD APPRECIATION MEETING (BOARDROOM) 2 PM MOVIE TIME SINGING IN THE RAIN 4 PM OYSTER BAR (BOARDROOM) 4 PM 1-1 ROOM VISITS	**27** 9:30 AM WELCOME TO THE DAY 9:30 AM GESSY'S PHYSIO EXERCISES 10:15 AM NEWS AND VIEWS 10:30 AM CATHOLIC COMMUNION (1-1 ROOM VISITS 11:00 AM GREEK ORTHODOX COMMUNION (1- 1 ROOM VISITS) 11:00 AM CHOIR 1:15 PM ZUMBA GOLD 1:30 PM MENS GROUP (CINEMA) 2 PM RACHEL'S ART & CRAFTS 4 PM 1-1 ROOM VISITS	**28** 9:30 AM WELCOME TO THE DAY 10:00 AM NEWS AND VIEWS 10:30 AM WORD GAMES & QUIZZES 11:00 AM IN CHAIR EXERCISES 1:30 PM BINGO 3 PM HAPPY HOUR 4 PM 1-1 ROOM VISITS	