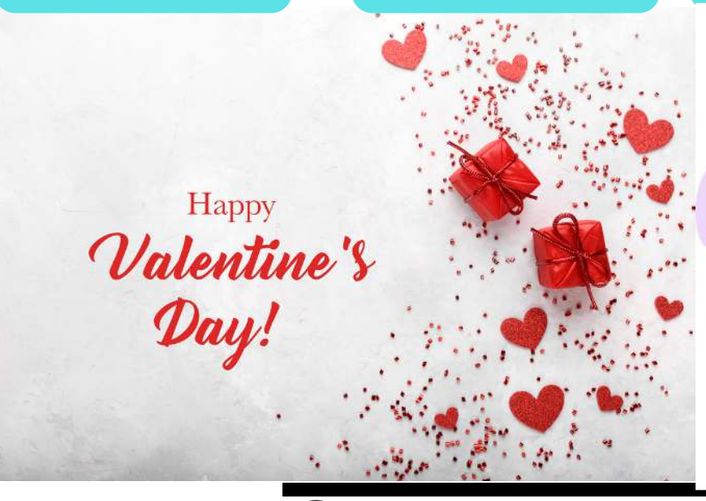
CaSPACare
Living well. Living locally.

FEBRUARY 2025
LEVEL 4- HOUSE 9 & 10

*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 COFFEE AND CHAT 12 PM LUNCH FINE DINING EXPERIENCE 1PM TOOLBOX ACTIVITIES 1:30 PM FLOOR GAMES (L2) 2 PM AFTERNOON WALKS 3 PM ARTS AND CRAFTS (L4) 3 :15 PM PAMPERING 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 GARDEN WALKS 12 PM LUNCH FINE DINING MUSIC EXPERIENCE 1:30 PM SINGALONGS (VIA YOUTUBE) 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 10:00 AM NEWS AND VIEWS 11:00 AM 9 LETTER WORD GAMES 1:30 PM MEDITAION (CINEMA) 1:30 PM BONUS TRIVIA (VIA YOUTUBE) 3 PM ARMCHAIR TRAVEL TO COLOMBIA 4 PM 1-1 ROOM VISITS	**4** 9:30 AM WELCOME TO DAY 9:30 AM GESSY'S PHYSIO EXERCISES 10:15 AM NEWS AND VIEWS 11:00 AM 9 LETTER WORD GAMES 1:30 PM BINGO 3 PM CAFE VISITS 3 :15 PM YOGA (L3) 4 PM 1-1 ROOM VISITS	**5** 9:30 AM LIFESTYLE HUDDLE MEETING 10:30 AM IN CHAIR EXERCISES 11:00 AM CHOIR (L2) 11:00 AM 9 LETTER WORD GAMES 1:30 PM KIMBERLY'S ART THERAPY (LM) 1:30 PM TOMMY'S SINGALONG & HIGH TEA (L1) 2 PM DOCUMENTARY OR ARMCHAIR TRAVEL 4 PM 1-1 ROOM VISITS	**6** 9:30 AM WELCOME TO THE DAY 9:30 AM GESSY'S PHYSIO EXERCISES 10:15 AM NEWS AND VIEWS 10:15 AM INTERGENERATIONAL PROGRAM (L3) 10:30 AM CATHOLIC COMMUNION 1-1 VISITS 11:00 AM 9 LETTER WORD GAMES 11:00 AM CHOIR (L3) 1 PM PUPPETS ALIVE (L1 H3) 2 PM ZUMBA GOLD 3 PM PAMPERING 4 PM 1-1 ROOM VISITS	**7** 9:30 AM WELCOME TO THE DAY 10 :00 AM IN CHAIR EXERCISES 10:30 AM ANGLICAN MASS (CINEMA) 10:30 AM NEWS AND VIEWS 11:00 AM 9 LETTER WORD GAMES 2 PM TRIVIA (VIA YOUTUBE) 3 PM HAPPY HOUR 4 PM 1-1 ROOM VISITS	**8** 9:30 AM MORNING TV SHOWS 10:30 AM COFFEE AND CHAT 12 PM LUNCH FINE DINING EXPERIENCE 1PM TOOLBOX ACTIVITIES 1:30 PM ARTS AND CRAFTS WITH GIA (L1) 2 PM AFTERNOON WALKS 3 PM TRIVIA WITH GIA (L3) 3 :15 PM PAMPERING 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 GARDEN WALKS 12 PM LUNCH FINE DINING MUSIC EXPERIENCE 1:30 PM SINGALONGS (VIA YOUTUBE) 3:30 PM PAMPERING 5 PM DINNER FINE DINING MUSIC EXPERIENCE 6 PM SUNDAY NIGHT AT THE MOVIES NETFLIX AVAILABLE ALL DAY	**10** 9:30 AM WELCOME TO THE DAY 10:00 AM NEWS AND VIEWS 11:00 AM 9 LETTER WORD GAMES 1:30 PM MEDITAION (CINEMA) 1:30 PM BONUS TRIVIA (VIA YOUTUBE) 2 PM OMEGA VIOLINIST (L2) 3 PM ARMCHAIR TRAVEL TO SINGAPORE 4 PM 1-1 ROOM VISITS	**11** 9:30 AM WELCOME TO DAY 9:30 AM GESSY'S PHYSIO EXERCISES 10:15 AM NEWS AND VIEWS 11:00 AM 9 LETTER WORD GAMES 1:30 PM NATIONAL DAY OF JAPAN (YOUTUBE) PRESENTATION 3 PM CAFE VISITS 3 :15 PM YOGA (L3) 4 PM 1-1 ROOM VISITS	**12** 9:30 AM WELCOME TO THE DAY 10:30 AM IN CHAIR EXERCISES 11:00 AM CHOIR (L2) 11:00 AM 9 LETTER WORD GAMES 1:30 PM KIMBERLY'S ART THERAPY (LM) 1:30 PM RACHEL'S BUS TRIP (RICKETTS POINT CAFE) 1:30 PM TOMMY'S SINGALONG & HIGH TEA (L1) 2 PM DOCUMENTARY OR ARMCHAIR TRAVEL 4 PM 1-1 ROOM VISITS	**13** 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) 11:00 AM 9 LETTER WORD GAMES 11:00 AM CHOIR (L3) 2 PM ZUMBA GOLD 3 PM PAMPERING 4 PM 1-1 ROOM VISITS	**14** *VALENTINE'S DAY CONCERT* 9:30 AM WELCOME TO THE DAY 10 :00 AM IN CHAIR EXERCISES 10:30 AM NEWS AND VIEWS 11:00 AM 9 LETTER WORD GAMES 1:30 PM VALENTINES DAY CONCERT (L4) 3 PM HAPPY HOUR 4 PM 1-1 ROOM VISITS	**15** 9:30 AM MORNING TV SHOWS 10:30 AM COFFEE AND CHAT 12 PM LUNCH FINE DINING EXPERIENCE 1PM TOOLBOX ACTIVITIES 1:30 PM TRIVIA (L2)WITH GIA 2 PM AFTERNOON WALKS 3 PM BINGO (L4) WITH GIA 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 GARDEN WALKS 12 PM LUNCH FINE DINING MUSIC EXPERIENCE 1:30 PM SINGALONGS (VIA YOUTUBE) 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 10:00 AM NEWS AND VIEWS 11:00 AM 9 LETTER WORD GAMES 1 :30 PM MEDITATION (CINEMA) 1:30 PM CREATIVE ARTS 3 PM BONUS TRIVIA VIA YOUTUBE 4 PM 1-1 ROOM VISITS	**18** DRINK WINE DAY 9:30 AM WELCOME TO DAY 9:30 AM GESSY'S PHYSIO EXERCISES 10:15 AM NEWS AND VIEWS 10:30 AM PET THERAPY WITH COOKIE 11:00 AM 9 LETTER WORD GAMES 1:30 PM BINGO 3 PM DRINK WINE DAY DOCUMENTARY (YOUNG GUN ON WINE) WINE TASTING 3 :15 PM YOGA (L3) 4 PM 1-1 ROOM VISITS	**19** 9:30 AM LIFESTYLE HUDDLE MEETING 10:30 AM IN CHAIR EXERCISES 11:00 AM CHOIR (L2) 11:00 AM 9 LETTER WORD GAMES 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 & HIGH TEA (L1) 2 PM DOCUMENTARY OR ARMCHAIR TRAVEL 4 PM 1-1 ROOM VISITS	**20** LIFESTYLE FOCUS GROUP MEETING LOVE YOUR PET DAY 9:30 AM WELCOME TO THE DAY 9:30 AM GESSY'S PHYSIO EXERCISES 10:15 AM NEWS AND VIEWS 10:15 AM INTERGENERATIONAL PROGRAM (L3) 10:30 AM CATHOLIC COMMUNION 1-1 VISITS 11:00 AM 9 LETTER WORD GAMES 11:00 AM CHOIR (L3) 1:30 PM MEN'S GROUP (CINEMA) 1:30 PM LIFESTYLE FOCUS MEETING 2 PM ZUMBA GOLD 3 PM LOVE YOUR PET DAY (VIA YOUTUBE) 4 PM 1-1 ROOM VISITS	**21** 9:30 AM WELCOME TO THE DAY 10 :00 AM IN CHAIR EXERCISES 10:30 AM NEWS AND VIEWS 11:00 AM 9 LETTER WORD GAMES 2 PM TRIVIA 3 PM FRIDAY FIESTA HAPPY HOUR 4 PM 1-1 ROOM VISITS	**22** 9:30 AM MORNING TV SHOWS 10:30 AM COFFEE AND CHAT 12 PM LUNCH FINE DINING EXPERIENCE 1PM TOOLBOX ACTIVITIES 1:30 PM ARTS & CRAFTS WITH GIA (L1) 2 PM AFTERNOON WALKS 3 PM FLOOR GAMES (L3) WITH GIA 3 :15 PM PAMPERING 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 GARDEN WALKS 12 PM LUNCH FINE DINING MUSIC EXPERIENCE 1:30 PM SINGALONGS (VIA YOUTUBE) 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 10:00 AM NEWS AND VIEWS 11:00 AM 9 LETTER WORD GAMES 1:30 PM MEDIATION (CINEMA) 1:30 PM MASTERCHEF 3 PM CLASSICAL COMPOSER 4 PM 1-1 ROOM VISITS	**25** 9:30 AM WELCOME TO DAY 9:30 AM GESSY'S PHYSIO EXERCISES 10:15 AM NEWS AND VIEWS 11:00 AM 9 LETTER WORD GAMES 1:30 PM BINGO 3 PM WALKING GROUP 3 :15 PM YOGA (L3) 4 PM 1-1 ROOM VISITS	**26** 9:30 AM WELCOME TO THE DAY 10:30 AM IN CHAIR EXERCISES 11:00 AM CHOIR (L2) 11:00 AM 9 LETTER WORD GAMES 1:30 PM KIMBERLY'S ART THERAPY (LM) 1:30 PM RACHEL'S BUS TRIP (NVG) 1:30 PM TOMMY'S SINGALONG & HIGH TEA (L1) 2 PM FOOD APPRECIATION MEETING (BOARDROOM) 2 PM DOCUMENTARY OR ARMCHAIR TRAVEL 4 PM OYSTER BAR (BOARDROOM)	**27** LIFESTYLE FOCUS GROUP MEETING 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 VISITS 11:00 AM GREEK ORTHODOX COMMUNION (1-1 ROOM VISITS) 11:00 AM 9 LETTER WORD GAMES 11:00 AM CHOIR (L3) 1:30 PM MEN'S GROUP (CINEMA) 2 PM ZUMBA GOLD 3 PM PAMPERING 4 PM 1-1 ROOM VISITS	**28** SHOPPING TROLLEY RESIDENT AND RELATIVE MEETING 9:30 AM WELCOME TO THE DAY 10 :00 AM SHOPPING TROLLEY 11:00 AM 9 LETTER WORD GAMES 1:30 PM RESIDENT AND RELATIVE MEETINGS 3 PM FRIDAY FIESTA HAPPY HOUR 4 PM 1-1 ROOM VISITS	