

February 2026

Level 1- House 1 & 2

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Bus Trips				Church Services (10:30am)								1	
3 Feb 1:30 pm Bayside Drive (Rachel)				6 Feb Anglican Mass (Cinema)								10:00am	Livestream
11 Feb NGV Gallary (Lochlan)				5 Feb Greek Communion (in-room)								10:30am	Morning Chat groups
18 Feb NGV Gallary (Rachel)				12 Feb Catholic mass (Cinema)								11:00am	Walking Groups
25 Feb Picnic (Lochlan)				Thursday's - Catholic Communion (in-room)								2:00pm	Pampering
												3:00pm	Movie Matinee
2		3		4		5		6		7		8	
10:00am	News & Views	10:00am	Gessy's physio (L2)	10:15am	News & Views	10:00am	Gessy's physio (L2)	10:00am	News & Views	10:00am	Morning Tv shows	10:00am	Livestream
10:30am	Music & Instruments	10:15am	News & Views	10:15am	News & Views	10:15am	News & Views	10:30am	Memory Lane	10:30am	Memory Lane	10:30am	Morning Chat groups
1:30pm	Violetta and Annette Singalongs (H3)	11:00am	In-chair Exercises	11:00am	Zumba Gold (H3)	11:15am	Zumba Gold (H1/2)	11:00am	Garden Walks	11:00am	Garden Walks	11:00am	Walking Groups
3:00pm	Bingo	2:00pm	Armchair Travel	2:00pm	Tommy's Singalong	2:00pm	Tommy's Singalong	2:00pm	Floor Games	1:30pm	Creative Arts (L2)	2:00pm	Pampering
		2:45pm	Yoga	3:00pm	Walking Group	2:45pm	Singalongs with	3:00pm	Happy Hour	3:00pm	Bonus Trivia (L4)	3:00pm	Movie Matinee
				4:00pm	Oyster Bar (Boardroom)								
9		10		11		12		13		14		15	
10:00am	News & Views	10:00am	Gessy's physio (L2)	10:15am	News & Views	10:00am	Gessy's physio (L2)	10:00am	News & Views	10:00am	Morning Tv shows	10:00am	Livestream
10:30am	Music & Instruments	10:15am	News & Views	10:15am	News & Views	10:15am	News & Views	10:45am	Musical Melodies	10:30am	Memory Lane	10:30am	Morning Chat groups
1:30pm	Violetta and Annette Singalongs (H3)	11:00am	In-chair Exercises	11:00am	Zumba Gold (H3)	11:15am	Zumba Gold (H1/2)	11:00am	Garden Walks	11:00am	Garden Walks	11:00am	Walking Groups
3:00pm	Bingo	2:00pm	Masterchef	2:00pm	Tommy's Singalong	1:30pm	Valentine's day	2:00pm	Floor Games	1:30pm	Music & Instruments	2:00pm	Pampering
		2:45pm	Yoga	3:00pm	Walking Group			3:00pm	Happy Hour	3:00pm	Floor Games (L3)	3:00pm	Movie Matinee
16		17		18		19		20		21		22	
10:00am	News & Views	10:00am	Gessy's physio (L2)	10:15am	News & Views	10:00am	Gessy's physio (L2)	10:00am	News & Views	10:00am	Morning Tv shows	10:00am	Livestream
10:30am	Music & Instruments	10:15am	News & Views	10:15am	News & Views	10:15am	News & Views	10:45am	Musical Melodies	10:30am	Memory Lane	10:30am	Morning Chat groups
1:30pm	Violetta and Annette Singalongs (H3)	11:00am	In-chair Exercises	11:00am	Zumba Gold (H3)	11:15am	Zumba Gold (H1/2)	11:00am	Garden Walks	11:00am	Garden Walks	11:00am	Walking Groups
3:00pm	Bingo	1:30pm	Lunar New Year (L3)	2:00pm	Tommy's Singalong			2:00pm	Floor Games	1:30PM	Floor Games (L2)	2:00pm	Pampering
3:00pm	Japanese Experience (Boardroom)	2:00pm	Masterchef	3:00pm	Walking Group	2:45pm	Singalongs with	3:00pm	Happy Hour	3:00pm	Creative Arts (L4)	3:00pm	Movie Matinee
		2:45pm	Yoga	4:00pm	Oyster Bar (Boardroom)								
23		24		25		26		27		28			
10:00am	News & Views	10:00am	Gessy's physio (L2)	10:15am	News & Views	10:00am	Gessy's physio (L2)	10:00am	News & Views	10:00am	Morning Tv shows		
10:30am	Music & Instruments	10:15am	News & Views	10:15am	News & Views	10:15am	News & Views	10:45am	Musical Melodies	10:30am	Memory Lane		
1:30pm	Violetta and Annette Singalongs	11:00am	The Resonance	11:00am	Zumba Gold (H3)	11:15am	Zumba Gold (H1/2)	2:00pm	Floor Games	11:00am	Garden Walks		
3:00pm	Bingo	2:00pm	Masterchef	2:00pm	Tommy's Singalong			3:00pm	Happy Hour	1:30pm	Music &		
		2:45pm	Yoga	1:30pm	Walking Group	2:45pm	Singalongs			3:00pm	Bonus Trivia (L3)		
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
11:00am	Bridging the Journey (Cinema)			11:00am	Choir (L2)	11:00am	Choir (L3)						
1:30pm	Meditation (Cinema)			1:30pm	Kimberly's Art Therapy (LM)	2:00pm	Men's Group (Cinema)						