

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 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)	10:45am Musical Melodies	11:00am Garden Walks	11:00am Walking Groups
3:00pm Bingo	2:00pm Armchair Travel	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	10:30am 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)	10:45am Musical Melodies	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)		10:00am Gessy's physio (L2)		10:00am Morning Tv shows	
10:30am Music & Instruments	10:15am News & Views	10:15am News & Views	10:15am News & Views	10:00am News & Views	10:30am Memory Lane	
1:30pm Violetta and Annette	11:00am The Resonance	11:00am Zumba Gold (H3)	11:15am Zumba Gold (H1/2)	10:45am Musical Melodies	11:00am Garden Walks	
3:00pm Bingo	2:00pm Masterchef	2:00pm Tommy's Singalong		2:00pm Floor Games	1:30pm Music &	
	2:45pm Yoga	1:30pm Walking Group	2:45pm Singalongs	3:00pm Happy Hour	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)			