

February 2026

LIFESTYLE CALENDAR

Level 2

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Bus Trips 3 Feb 1:30 pm Bayside Drive (Rachel) 11 Feb NGV Gallery (Lochlan) 18 Feb NGV Gallery (Rachel) 25 Feb Picnic (Lochlan)		Church Services (10:30am) 6 Feb Anglican Mass (Cinema) 5 Feb Greek Communion (in-room) 12 Feb Catholic mass (Cinema) Thursday's - Catholic Communion (in-room)										1 09:30am Livestream church 10:30am coffee & chat 11:00am Garden Walks 2:00pm Movie Matinee 3:30pm Music Melodies	
2		3		4		5		6		7		8	
10:15am	News & Views	10:00am	Gessy's physio	10:15am	Zumba Gold	10:00am	Gessy's physio	10:00am	News & Views	09:30am	Morning tv shows	09:30am	Livestream church
11:00am	In-chair Exercises	10:30am	News & Views	11:00am	Choir	10:30am	News & Views	11:00am	Singalongs	10:30am	Memory Lane	10:30am	coffee & chat
2:00pm	Pampering	11:00am	Music Appreciation	2:00pm	Outdoor activity	11:00am	Singalongs	11:00am	Singalong	11:00am	In-chair Exercises	11:00am	Garden Walks
3:15pm	Bingo	2:00pm	Watering garden	3:00pm	Knitting Group	2:00pm	Pampering & Makeover	2:00pm	Zumba Gold	1:30pm	Creative arts (L2)	2:00pm	Movie Matinee
		3:15pm	Creative arts	4:00pm	Oyster Bar (Boardroom)	3:00pm	Balloon /Floor Games	3:00pm	Happy Hour	3:00pm	Bonus Trivia (L4)	3:30pm	Music Melodies
9		10		11		12		13		14		15	
10:15am	News & Views	10:00am	Gessy's physio	10:15am	Zumba Gold	10:00am	Gessy's physio	10:00am	News & Views	09:30am	Morning tv shows	09:30am	Livestream church
11:00am	In-chair Exercises	10:30am	News & Views	11:00am	Choir	10:30am	News & Views	11:00am	Singalongs	10:30am	Memory Lane	10:30am	coffee & chat
		11:00am	Music Appreciation			11:00am	Singalongs	11:00am	Singalong	11:00am	In-chair Exercises	11:00am	Garden Walks
2:00pm	Omega Violinist	2:00pm	Masterchef	2:00pm	Gardening or Walks	1:30pm	Valentine's day concert	2:00pm	Zumba Gold	1:30pm	Music & instro (L1)	2:00pm	Movie Matinee
3:15pm	Bingo	3:15pm	Creative arts	3:00pm	Knitting Group	2:00pm	Pampering & Makeover	3:00pm	Happy Hour	3:00pm	Floor Games (L3)	3:30pm	Music Melodies
16		17		18		19		20		21		22	
10:15am	News & Views	10:00am	Gessy's physio	10:15am	Zumba Gold	10:00am	Gessy's physio	10:00am	News & Views	09:30am	Morning tv shows	09:30am	Livestream church
11:00am	In-chair Exercises	10:30am	News & Views	11:00am	Choir	10:30am	News & Views	11:00am	Singalongs	10:30am	Memory Lane	10:30am	coffee & chat
2:00pm	Café visits	11:00am	Music Appreciation	2:00pm	Gardening or Walks	11:00am	Singalongs	11:00am	Singalong	11:00am	In-chair Exercises	11:00am	Garden Walks
3:15pm	Bingo	1:30pm	Lunar New Year (L3)	3:00pm	Knitting Group	2:00pm	Pampering & makeover	2:00pm	Zumba Gold	1:30pm	Floor Games (L2)	2:00pm	Movie Matinee
3:00pm	Japanese Experience (Boardroom)	2:00pm	Masterchef	4:00pm	Oyster Bar (Boardroom)	3:00pm	Balloon /Floor Games	3:00pm	Happy Hour	3:00pm	Creative Arts (L4)	3:30pm	Music Melodies
23		24		25		26		27		28			
10:15am	News & Views	10:00am	Gessy's physio	10:15am	Zumba Gold	10:00am	Gessy's physio	10:00am	News & Views	09:30am	Morning tv shows		
11:00am	In-chair Exercises	10:30am	News & Views	11:00am	Choir	10:30am	News & Views	11:00am	Singalongs	10:30am	Memory Lane		
1:30pm	Afternoon Tea (Boardroom)	11:00am	Music Appreciation	2:00pm	Gardening or Walks	11:00am	Singalongs	11:00am	Singalong	11:00am	In-chair Exercises		
3:15pm	Bingo	2:00pm	Masterchef	3:00pm	Knitting Group	2:00pm	Pampering & makeover	2:00pm	Zumba Gold	1:30pm	Music & instro (L1)		
		3:15pm	Creative arts	4:00pm	Oyster Bar (Boardroom)	3:00pm	Balloon /Floor Games	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)						