

# February 2026

# LIFESTYLE CALENDAR

# Level 2

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