

February 2026

# LIFESTYLE CALENDAR

Level 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Bus Trips</b>		<b>Church Services (10:30am)</b>				<b>1</b>
3 Feb 1:30 pm Bayside Drive (Rachel)		6 Feb Anglican Mass (Cinema)				09:30am Livestream church
11 Feb NGV Gallary (Lochlan)		5 Feb Greek Communion (in-room)				10:30am Morning tv shows
18 Feb NGV Gallary (Rachel)		12 Feb Catholic mass (Cinema)				11:00am Pampering
25 Feb Picnic (Lochlan)		Thursday's - Catholic Communion (in-room)				2:00pm Movie Matinee
						3:30pm Garden Walks
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
10:00am News & Views	09:30am Gessy's physio	10:30am News & Views	09:30am Gessy's physio		09:30am Morning Tv shows	09:30am Livestream church
10:30am Word Games	10:15am News & Views	With Rick & David	10:15am Intergenerational	10:00am News & Views	10:30am Memory Lane	10:30am Morning tv shows
11:00am In-chair Exercises	11:00am Word Games		11:00am Choir	11:00am 9 letter word games	reminscning music	11:00am Pampering
2:00pm Carpet Bowls	2:00pm Armchair travel	2:00pm Arts &Crafts	1:15pm Zumba	2:00pm Floor Games	Creative Arts (L2)	2:00pm Movie Matinee
3:15pm Café visits	3:30pm Yoga	3:15pm Poetry	2:00pm Bingo	3:00pm Happy Hour	Bonus Trivia ( L4 )	3:30pm Garden Walks
4:00pm Oyster Bar (Boardroom)		4:00pm Knitting				
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
9:30am Gessy's physio		10:30am News & Views	09:30am Gessy's physio		09:30am Morning Tv shows	09:30am Livestream church
10:00am News & Views	10:15am News & Views	With Rick& David	10:15am News & Views	10:00am News & Views	10:30am Memory Lane	10:30am Morning tv shows
10:30am Word Games	11:00am Word Games		11:00am choir	11:00am 9 letter word games	reminscning music	11:00am Pampering
11:00am In-chair Exercises	2:00pm Flower arranging	2:00pm Masterchef	1:15pm Zumba Gold	2:00pm Floor Games	Music & instro (L1)	2:00pm Movie Matinee
2:00pm Book Club			1:30pm Valentine's day concert			
3:15pm Café visits	3:30pm Yoga	3:30pm Café visits	2:00pm Bingo	3:00pm Happy Hour	3:00pm Floor Games	3:30pm Garden Walks
			3:00pm Knitting			
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
10:00am News & Views	09:30am Gessy's physio	10:30am News & Views	09:30am Gessy's physio		09:30am Morning Tv shows	09:30am Livestream church
10:30am word games	10:15am News & Views	With Rick& David	10:15am Intergenerational	10:00am News & Views	10:30am Memory Lane	10:30am morning tv shows
11:00am In-chair Exercises	11:00am Word Games		11:00am Choir	11:00am 9 letter word games	reminscning music	11:00am Pampering
2:00pm Gardening	1:30pm Chinese new year	2:00pm Doc - Renior	1:15pm Zumba Gold	2:00pm Floor Games	Floor Games ( L2 )	2:00pm Movie Matinee
3:00pm Japanese Experience			2:00pm Bingo			
3:15pm café visits	3:30pm Yoga	4:00pm Oyster Bar (Boardroom)	3:00pm Knitting	3:00pm Happy Hour	Creative arts ( L4 )	3:30pm Garden Walks
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	
10:00am News & Views	09:30am Gessy's physio	10:30am News & Views	09:30am Gessy's physio		09:30am Morning Tv shows	
10:30am word games	10:15am News & Views	With Rick& David	10:15am News & Views	10:00am News & Views	10:30am Memory Lane	
11:00am In-chair Exercises	11:00am word games		11:00am Choir	11:00am 9 letter word games	reminscning music	
2:00pm Walking Group	2:00pm Book Club	2:00pm Masterchef	1:15pm Zumba Gold	2:00pm Floor Games	Music & instro (L1)	
3:15pm café visits	3:30pm Yoga	3:15pm Café visits	2:00pm Bingo	3:00pm Happy Hour	Bonus Trivia ( L3 )	
			3:00pm Knitting			

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)			