

February 2026

LIFESTYLE CALENDAR

Level 3

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