

February 2026

Level 4

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)				09:30am Livestream mass
11 Feb NGV Gallary (Lochlan)		5 Feb Greek Communion (in-room)				10:30am Music melodies (youtube)
18 Feb NGV Gallary (Rachel)		12 Feb Catholic mass (Cinema)				2:00pm Movie Matinee
25 Feb Picnic (Lochlan)		Thursday's - Catholic Communion (in-room)				3:30pm Pampering
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	10:00am Morning TV shows	10:00am Livestream mass
10:30am In-chair Exercises	10:15am News & Views	11:00am 9 letter word games	10:15am News & Views	11:00am 9 letter word games	10:30am Memory Lane	10:30am Music melodies
11:00am 9 letter word games	11:00am 9 letter word games		11:00am 9 letter word games	2:00pm Trivia	11:00am In-chair Exercises	(youtube)
2:00pm Classical Composer	2:00pm Bingo	2:00pm Floor or Ball games	2:00pm Zumba Gold	3:00pm Happy Hour	1:30pm Creative arts (L2)	2:00pm Movie Matinee
3:30pm Walking Group	3:30pm music appreciation	4:00pm Oyster Bar (Boardroom)	3:30pm Pampering	3:15pm Friday Fiesta	3:00PM Bonus trivia (L4)	3:30pm Pampering
9	10	11	12	13	14	15
10:00am News & Views	09:30am Gessy's physio	10:30am News & Views	09:30am Gessy's physio	10:00am News & Views	10:00am Morning TV shows	10:00am Livestream mass
10:30am inchair exercise	10:15am News & Views	11:00am 9 letter word games	10:15am News & Views	11:00am 9 letter word games	10:30am Memory Lane	10:30am Music meolodies
11:00am 9 letter word games	11:00am 9 letter word games		11:00am 9 letter word games	2:00pm Trivia	11:00am In-chair Exercises	(via youtube)
2:00pm Masterchef	2:00pm Bingo	2:00pm Armchair travel	1:30pm Valentine's day concert	3:00pm Happy Hour	1:30pm music & instro (L1)	2:00pm Movie Matinee
3:30pm Walking Group	3:00pm music appreciation		2:00pm Zumba Gold	3:15pm Friday Fiesta	3:00pm Floor Games (L3)	3:30pm Pampering
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	10:00am Morning TV shows	10:00am Livestream Mass
10:30am inchair exercise	10:15am News & Views	11:00am 9 letter word games	10:15am News & Views	11:00am 9 letter word games	10:30am Memory Lane	10:30am Music melodies
11:00am 9 letter word games	11:00am 9 letter word games	2:00pm Floor Games	11:00am 9 letter word games	2:00pm Bonus trivia	11:00am In-chair Exercises	(via youtube)
1:30pm Lunar New Year						
2:00pm Movie Matinee	2:00pm Bingo	4:00pm oyster bar (boardroom)	2:00pm Zumba Gold	3:00pm Happy Hour	1:30pm Floor Games (L2)	2:00pm movie Matine
3:00pm Japanes experience (boardroom)	3:00pm music appreciation		3:00PM Pampering		3:00pm Creative arts (L 4)	3:30pm Pampering
	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	10:00am Morning TV shows	
10:30am inchair exercise	10:15am News & Views	11:00am 9 letter word games	10:15am News & Views	11:00am 9 letter word games	10:30am Memory Lane	
11:00am 9 letter word games	11:00am 9 letter word games	2:00pm Documentary	11:00am 9 letter word games	2:00pm Trivia	11:00am In-chair Exercises	
2:00pm café visits	2:00pm Bingo		2:00pm zumba Gold	3:00pm Happy Hour	2:00pm music & instro (L1)	
3:00pm Bonus trivia	3:00pm music appreciation		3:00PM Pampering	3:15pm Friday Fiesta	3:00pm Bonus trivia (L 3)	

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)			