

February 2026

Level 4

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
<b>Bus Trips</b> 03 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 mass
												10:30am	Music melodies ( youtube )
												2:00pm	Movie Matinee
												3:30pm	Pampering
<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	10:00am	News & Views	10:00am	Morning TV shows	10:00am	Livestream mass
10:30am	In-chair Exercises	10:15am	News & Views			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	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
<b>9</b>		<b>10</b>		<b>11</b>		<b>12</b>		<b>13</b>		<b>14</b>		<b>15</b>	
10:00am	News & Views	09:30am	Gessy's phsio			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			10:30am	News & Views	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	11:00am	9 letter word games	11:00am	9 letter word games	2:00pm	Trivia	11:00am	In-chair Exercises		(via youtube )
						1:30pm	Valentine's day concert						
2:00pm	Masterchef	2:00pm	Bingo	2:00pm	Armchair travel	2:00pm	Zumba Gold	3:00pm	Happy Hour	1:30pm	music & instro ( L1 )	2:00pm	Movie Matinee
3:30pm	Walking Group	3:00pm	music appreciation			3:30pm	Pampering	3:15pm	Friday Fiesta	3:00pm	Floor Games ( L3 )	3:30pm	Pampering
<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 phsio	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	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		( boardroom )	3:30PM	Pampering			3:00pm	Creative arts ( L4 )	3:30pm	Pampering
		<b>24</b>		<b>25</b>		<b>26</b>		<b>27</b>		<b>28</b>			
10:00am	News & Views	09:30am	Gessy's phsio	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			3:30pm	Pampering	3:15pm	Friday Fiesta	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)						