

February 2026

South Port

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Bus Trip Every Thursday's 5 Feb - 1:30pm 12 Feb - 1:30pm 19 Feb - 1:30pm 26 Feb - 1:30pm		Church Services (11am) 26 Feb - Greek Mass										1	
2		3		4		5		6		7		8	
9:30am	Physio exercises	10:00am	News & Quizzes	9:30am	Physio exercises	10:00am	News & Quizzes	10:00am	News & Quizzes	10:00am	morning shows	10:00am	morning tv shows
10:30am	sunrise news	10:30am	Music & melodies	10:30am	Balloon therapy	10:30am	music and melodies	10:30am	in chair exercise	10:30am	Pampering	10:30am	relaxing music
11:00am	Pampering	11:00am	Garden Walks	11:00am	resident choice of activities	11:00am	Pampering	11:00am	Zumba Gold	11:00am	Garden Walks	11:00am	Garden Walks
2:00pm	singalongs with lyrics	2:00pm	Masterchef	2:15pm	puppets Alive	2:00pm	movie matinee	2:00pm	Happy hour	2:00pm	table or floor gmaes	2:00pm	Colouring
3:00pm	Greek Group	3:00pm	Bingo	3:00pm	Creative arts	3:00pm	Documentary	3:00pm	Tommy's singalongs	3:00pm	Reminiscing music	3:00pm	movie matinee
9		10		11		12		13		14		15	
9:30AM	Physio exercises	10:00am	News & Quizzes	9:30am	Physio exercises	10:15am	Intergenerational Program	10:00am	News & Quizzes	10:00am	morning shows	10:00am	morning tv shows
10:30am	Sunrise News	10:30am	Music & melodies	10:30am	Balloon therapy	10:30am	music and melodies	10:30am	in chair exercise	10:30am	Pampering	10:30am	relaxing music
11:00am	Pampering	11:00am	Garden Walks	11:00am	resident choice of activities	11:00am	Pampering	11:00am	Zumba Gold	11:00am	Garden Walks	11:00am	Garden Walks
2:00pm	singalongs with lyrics	2:00pm	Masterchef	2:00pm	Armchair travel	2:00pm	movie matinee	2:00pm	Happy hour	2:00pm	table or floor gmaes	2:00pm	Colouring
3:00pm	Greek Group	3:00pm	Bingo	3:00pm	Creative arts	3:00pm	Valentine's day	3:00pm	Tommy's singalongs	3:00pm	Reminiscing music	3:00pm	movie matinee
16		17		18		19		20		21		22	
9:30am	Physio exercises	10:00am	News & Quizzes	9:30am	Physio exercises	10:00am	News & Quizzes	10:00am	News & Quizzes	10:00am	morning shows	10:00am	morning tv shows
10:30am	Sunrise News	10:30am	Music & Melodies	10:30am	Balloon therapy	10:30am	Music & Melodies	10:30am	In chair exercise	10:30am	Pampering	10:30am	relaxing music
11:00am	Pampering	11:00am	Garden Walks	11:00am	resident choice of activities	11:00am	Pampering	11:00am	Zumba Gold	11:00am	Garden Walks	11:00am	Garden Walks
2:00pm	singalongs with lyrics	2:00pm	Masterchef	2:00pm	Armchair travel	2:00pm	Documentary	2:00pm	Happy hour	2:00pm	table or floor gmaes	2:00pm	Colouring
3:00pm	Greek Group	3:00pm	Bingo	3:00pm	Creative arts	3:00pm	floor /balloon games	3:30pm	Tommy's singalongs	3:00pm	Reminiscing music	3:00pm	movie matinee
23		24		25		26		27		28			
9:30am	Physio exercises	10:00am	News & Quizzes	9:30am	Physio exercises	10:15am	Intergenerational Program	10:00am	News & Quizzes	10:00am	morning shows		
10:30am	sunrise news	10:30am	Music & melodies	10:30am	Balloon therapy	10:30am	music and melodies	10:30am	in chair exercise	10:30am	Pampering		
11:00am	Pampering	11:00am	Garden Walks	11:00am	resident choice of activities	11:00am	Pampering	11:00am	Zumba Gold	11:00am	Garden Walks		
2:00pm	singalongs with lyrics	2:00pm	Masterchef	2:00pm	armchair travel	2:00pm	Documentary	2:00pm	Happy hour	2:00pm	table or floor gmaes		
3:00pm	Greek Group	3:00pm	Bingo	3:00pm	Creative arts	3:00pm	floor /balloon games		Tommy's singalongs	3:00pm	Reminiscing music		