

February 2026

South Port

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Bus Trip Every Thursday's		Church Services (11am)				1
5 Feb - 1:30pm		26 Feb - Greek Mass				10:00am morning tv shows
12 Feb - 1:30pm						10:30am relaxing music
19 Feb - 1:30pm						11:00am Garden Walks
26 Feb - 1:30pm						2:00pm Colouring
						3:00pm movie matinee
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	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	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
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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	
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