

February 2025 - Lifestyle Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					01 1:1 Individual Activities or Visits by Carers 11 To 08 Resident Room Bingo 01:30 To 02:30 Activity Room	02 1:1 Individual Activities or Visits by Carers 11 To 08 Resident Room Active Games 01:30 To 02:30 Activity Room
03 Wellness Walkers - House 1 10:30 To 11 Outside Exercise Class With Physio 11 To 12 Activity Room 1:1 Individual Activities or Visits by Carers 11 To 08 Resident Room Bingo 01:30 To 02:30 Activity Room	04 Catholic Eucharistic Services 09 To 10 Resident Room Wellness Walkers - House 2 10:30 To 11 Outside Word Games 11 To 12 Activity Room 1:1 Individual Activities or Visits by Carers 11 To 08 Resident Room Armchair Travel with VR Headsets Group 1 01:15 To 01:45 Activity Room Armchair travel with VR Headsets - Group 2 02 To 02:30 Activity Room	05 Champagne Breakfast 08:30 To 09:30 Activity Room Wellness Walkers - House 3 10:30 To 11 Outside Gardening club 11 To 12 Outside 1:1 Individual Activities or Visits by Carers 11 To 08 Resident Room Deal or No Deal 01:30 To 02:30 Activity Room	06 Exercise Class With Physio 10:30 To 12 Gym Wellness Walkers - House 4 10:30 To 11 Outside 1:1 Individual Activities or Visits by Carers 11 To 08 Resident Room BBQ Lunch 12:30 To 02 Outside	07 Hairdresser House 4 09:30 To 03 Hair Salon Wellness Walkers - House 5 10:30 To 11 Outside Active Games 11 To 12 Activity Room 1:1 Individual Activities or Visits by Carers 11 To 08 Resident Room	08 Pet Therapy 10:30 To 11:30 Resident Room 1:1 Individual Activities or Visits by Carers 11 To 08 Resident Room Bingo 01:30 To 02:30 Activity Room	09 1:1 Individual Activities or Visits by Carers 11 To 08 Resident Room Active Games 01:30 To 02:30 Activity Room
10 Wellness Walkers - House 1 10:30 To 11 Outside Exercise Class With Physio 11 To 12 Activity Room 1:1 Individual Activities or Visits by Carers 11 To 08 Resident Room Nails by Sandy 01:30 To 02:30 Activity Room	11 Catholic Eucharistic Services 09 To 10 Resident Room Wellness Walkers - House 2 10:30 To 11 Outside Chair Soccer 11 To 12 Activity Room 1:1 Individual Activities or Visits by Carers 11 To 08 Resident Room Hoi 01:30 To 02:30 Activity Room	12 Lutheran Church Service 10 To 11 Activity Room Wellness Walkers - House 3 10:30 To 11 Outside 1:1 Individual Activities or Visits by Carers 11 To 08 Resident Room Residents Meeting 11:15 To 12 Activity Room Armchair Travel with VR Headsets Group 1 01:15 To 01:45 Activity Room Armchair travel with VR Headsets - Group 2 02 To 02:30 Activity Room	13 Exercise Class With Physio 10:30 To 12 Gym Wellness Walkers - House 4 10:30 To 11 Outside 1:1 Individual Activities or Visits by Carers 11 To 08 Resident Room Alphabet Game 01:30 To 02:30 Activity Room	14 Hairdresser House 5 09 To 03 Hair Salon Wellness Walkers - House 5 10:30 To 11 Outside Active Games 11 To 12 Activity Room 1:1 Individual Activities or Visits by Carers 11 To 08 Resident Room Music and Mocktails 01:30 To 02:30 Outside	15 1:1 Individual Activities or Visits by Carers 11 To 08 Resident Room Bingo 01:30 To 02:30 Activity Room	16 1:1 Individual Activities or Visits by Carers 11 To 08 Resident Room Active Games 01:30 To 02:30 Activity Room
17 Wellness Walkers - House 1 10:30 To 11 Outside Exercise Class With Physio 11 To 12 Activity Room 1:1 Individual Activities or Visits by Carers 11 To 08 Resident Room Cultural Food Event - Italian 12:30 To 02 Outside	18 Catholic Eucharistic Services 09 To 10 Resident Room Wellness Walkers - House 2 10:30 To 11 Outside Bingo - Italian 11 To 12 Activity Room 1:1 Individual Activities or Visits by Carers 11 To 08 Resident Room Armchair Travel with VR Headsets Group 1 01:15 To 01:45 Activity Room Armchair travel with VR Headsets - Group 2 02 To 02:30 Activity Room	19 Wellness Walkers - House 3 10:30 To 11 Outside Cooking Class - Crumble Making 11 To 12 Activity Room 1:1 Individual Activities or Visits by Carers 11 To 08 Resident Room Cooking Class - Afternoon Affogato 01:30 To 02:30 Activity Room Board Games 01:30 To 02:30 Activity Room	20 Exercise Class With Physio 10:30 To 12 Gym Wellness Walkers - House 4 10:30 To 11 Outside 1:1 Individual Activities or Visits by Carers 11 To 08 Resident Room BBQ Lunch 12:30 To 02 Outside	21 Hairdresser House 1 09 To 03 Hair Salon Wellness Walkers - House 5 10:30 To 11 Outside Active Games 11 To 12 Activity Room 1:1 Individual Activities or Visits by Carers 11 To 08 Resident Room Hoi 01:30 To 02:30 Activity Room	22 Pet Therapy 10:30 To 11:30 Resident Room 1:1 Individual Activities or Visits by Carers 11 To 08 Resident Room Bingo 01:30 To 02:30 Activity Room	23 1:1 Individual Activities or Visits by Carers 11 To 08 Resident Room Active Games 01:30 To 02:30 Activity Room

Disclaimer: Due to unforeseen circumstances activities may be subject to change.

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24 Wellness Walkers - House 1 10:30 To 11 Outside Exercise Class With Physio 11 To 12 Activity Room 1:1 Individual Activities or Visits by Carers 11 To 08 Resident Room Nails by Sandy 01:30 To 02:30 Activity Room	25 Catholic Eucharistic Services 09 To 10 Resident Room Wellness Walkers - House 2 10:30 To 11 Outside Paint by numbers 11 To 12 Outside Word Games 11 To 12 Activity Room 1:1 Individual Activities or Visits by Carers 11 To 08 Resident Room	26 Car Drive for 3 - Morning Tea 10:30 To 11:30 Outside Wellness Walkers - House 3 10:30 To 11 Outside 1:1 Individual Activities or Visits by Carers 11 To 08 Resident Room Armchair Travel with VR Headsets Group 1 01:15 To 01:45 Activity Room Armchair travel with VR Headsets - Group 2 02 To 02:30 Activity Room	27 Exercise Class With Physio 10:30 To 12 Gym Wellness Walkers - House 4 10:30 To 11 Outside 1:1 Individual Activities or Visits by Carers 11 To 08 Resident Room Alphabet Game 01:30 To 02:30 Activity Room	28 Hairdresser House 2 09 To 03 Hair Salon Wellness Walkers - House 5 10:30 To 11 Outside Active Games 11 To 12 Activity Room 1:1 Individual Activities or Visits by Carers 11 To 08 Resident Room Birthday Party 01:30 To 02:30 Activity Room		