

# February 2022 LIFESTYLE CALENDAR



EVA TILLEY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<u>1</u> 10.00-4 Resident 1:1 11.00 Bingo 2.00 Baking Session 3.30 Quizzes' 5.30 Social Group	<u>2</u> 10.00-4 Resident 1:1 10.45 Catholic Church 2.00 Café Club 2.30 Men's Group 5.30 Social Group	<u>3</u> 10.00-4 Resident 1:1 11.00 Protestant Church 1.30 Knitting Group 3.30 Choir 5.30 Social Group	<u>4</u> 10-4 Resident 1:1 10.00 Art 10:30 Exercises <b>12.00 Lunar New Year Lunch Celebration</b> 1.30 Music Therapy 2.30 Friday Fun 4:00 Happy Hour	<u>5</u> All day 1:1 visits 3:00 Movie or Documentary 3:30 Bingo 5:30 Social Group & 1:1 Visits	<u>6</u> All day 1:1 visits 3:00 Movie or Documentary 3:15 Pet Therapy 5:30 Social Group & 1:1 Visits
<u>7</u> 10-4.00 Resident 1:1 10.30 Ladies Reminiscing Group 3.00 Gentle Exercises 4:00 Happy Hour 5.30 Social Group	<u>8</u> 10.00-4 Resident 1:1 10.30 Italian Morning Tea 11.00 Bingo 2.30 Discussion Group 5.30 Social Group	<u>9</u> 10.00-4 Resident 1:1 10.45 Catholic Church 2.00 Café Club 2.30 Men's Group 5.30 Social Group	<u>10</u> 10.00-4 Resident 1:1 11.00 Protestant Church 1.30 Knitting Group 3.30 Choir 5.30 Social Group	<u>11</u> 10-4 Resident 1:1 10.00 Art 10:30 Exercises 1.30 Music Therapy 2.30 Friday Fun 4:00 Happy Hour	<u>12</u> All day 1:1 visits 3:00 Movie or Documentary 3:30 Bingo 5:30 Social Group & 1:1 Visits	<u>13</u> All day 1:1 visits 3:00 Movie or Documentary 3:30 Gentle Exercises 5:30 Social Group & 1:1 Visits
<u>14 Valentine's Day</u> 10-4.00 Resident 1:1 10.30 Ladies Reminiscing Group 3.00 Gentle Exercises 4:00 Happy Hour 5.30 Social Group	<u>15</u> 10.00-4 Resident 1:1 11.00 Bingo 2.00 Monthly Birthday Afternoon Tea 2.30 Quizzes 5.30 Social Group	<u>16</u> 10.00-4 Resident 1:1 10.45 Catholic Church 2.00 Café Club 2.30 Men's Group 5.30 Social Group	<u>17</u> 10.00-4 Resident 1:1 11.00 Protestant Church 1.30 Knitting Group 3.30 Choir 5.30 Social Group	<u>18</u> 10-4 Resident 1:1 10.00 Art 10:30 Exercises 1.30 Music Therapy 2.30 Friday Fun 4:00 Happy Hour	<u>19</u> All day 1:1 visits 3:00 Movie or Documentary 3:30 Bingo 5:30 Social Group & 1:1 Visits	<u>20</u> All day 1:1 visits 3:00 Movie or Documentary 3:15 Walks 1:1 Visits 5:30 Social Group & 1:1 Visits
<u>21</u> 10-4 Resident 1:1 10.30 Ladies Reminiscing Group 2.00 Cooking Class 3.00 Gentle Exercises 4:00 Happy Hour 5.30 Social Group	<u>22</u> 10.00-4 Resident 1:1 11.00 Bingo 2.00 Bus Outing/Drive 2.30 Discussion Group 5.30 Social Group	<u>23</u> 10.00-4 Resident 1:1 10.45 Catholic Church 2.00 Café Club 2.30 Men's Group 5.30 Social Group	<u>24</u> 10.00-4 Resident 1:1 11.00 Protestant Church 1.30 Knitting Group 3.30 Choir 5.30 Social Group	<u>25</u> 10-4 Resident 1:1 10.00 Art 10:30 Exercises 1.30 Music Therapy 2.30 Friday Fun 4:00 Happy Hour	<u>26</u> All day 1:1 visits 3:00 Movie or Documentary 3:30 Bingo 5:30 Social Group & 1:1 Visits	<u>27</u> All day 1:1 visits 3:00 Movie or Documentary 3:30 Gentle Exercises 5:30 Social Group & 1:1 Visits
<u>28</u> 10-4.00 Resident 1:1 10.30 Ladies Reminiscing Group 3.00 Gentle Exercises 4:00 Happy Hour 5.30 Social Group	<p><b>Kiosk and Café open Tuesday and Wednesday from 10:00am to 3:30pm. (For orders outside these hours refer to Lifestyle Coordinator) If you wish to book a Hair Appointment please enquire at Reception</b></p>					