





















MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2 10AM Gentle Ball Games – floors 11AM Bingo (Café)  2:15PM Music Appreciation - Bing Crosby 	3 10AM Chair Exercise- floors 11AM Sing a long - Café 1:45PM Ladies Club (Nail Salon- Pampering)  3PM Documentary on each floor	4 10AM Stretch & Balance - floors 11AM Words within words – Café 1:45PM Summer Scents & Memory Table- Garden Room 3PM Target Throw & Floor Darts	5 Hairdresser & Beautician 10AM Chair Exercise - floors 11AM Church Service with Fr Peter 1:45PM Knit/ DIY Ceramic hearts Garden Room 3PM Individual visits/ Hand Massage with essential oils Garden Room	6 10AM Pool noodles exercise (floors) 11AM Choir group - Café 1:45PM Scotch College Student Volunteers in Café 3PM Happy Hour - Café 	7 10AM Floor Games - Garden Room 11AM Music & Memories Session - Café 1:30PM DIY Valentines - Garden Room	8 10:30AM Card Games: Patience & Snap – Garden Room 11:30AM Songs of Praise - Café  1:30PM “Big Deal” - Movie on each floor
9 10AM Seated Tai Chi 11AM Bingo (Café)  2:15PM Baking Valentine Biscuits - Garden Room 	10 10AM Chair Exercise 11AM Performance with Kathy 1:45PM Ladies Club (Nail Salon- Pampering)  3PM Indoor Bowling- Garden Room	11 10AM Stretch & Balance 11AM Gardening  1:45PM Watercolour Hearts – Garden Room 3PM Individual visits	12 Hairdresser All Day 10AM Chair Exercise 11AM Memory Match & Jenga – Garden Room 1:45PM Flower arranging - Garden Room 3PM Afternoon tea - Café	13 10AM Pool noodles exercise 11AM Choir group in Café/Poetry Club 1:45PM Scotch College Student Volunteers in Café 3PM Valentine’s Happy Hour	14 Valentines Day  10AM Valentine’s Social Morning Tea 11AM Karaoke & Seated Dance: Old Love Songs 1:30PM “What Love Means to Me” Canvas - Garden Room	15 10AM Wheelchair Walk/Time Outdoors 11:30AM Songs of Praise - Café  1:30PM “Tim” - Movie on each floor
16 10AM Gentle Ball Games 11AM Bingo - Café 2:15PM Armchair Travel to The Country of LOVE (France) 	17 10AM Chair Exercise 11AM Guess the Word – Café 1:45PM Ladies Club (Nail Salon- Pampering)  3PM Documentary on each floor	18 12AM French Luncheon- Café 1:45PM Water Painting- Garden Room 3PM Individual visits	19 Hairdresser All Day 10AM Chair Exercise 11AM Board Puzzle & Mahjong – Garden Room 1:45PM Knit/ Colorouing 3PM Individual visits/ Hand Massage with essential oils - Garden room	20 10AM Pool noodles exercise 11AM Choir Group - Café /Poetry Club 1:45PM Scotch College Student Volunteers in Café 3PM Happy Hour - Café 	21 10AM Floor Games - Garden Room 11AM “Love Songs from My Youth” - Café 1:30PM Dot Painting- Garden Room	22 10:30AM Dominos & Puzzle – Garden Room 11:30AM Songs of Praise - Café  1:30PM “Mothering Sunday” - Movie on each floor
23 10AM Seated Tai Chi - floors 11AM Performance with Julie Gardner 2:15PM “Sip and Paint” – Garden Room	24 10AM Chair Exercise 11AM Resident & Representative Meeting 1:45PM Ladies Club (Nail Salon- Pampering)  3PM Indoor Bowling- Garden Room	25 10AM Stretch & Balance 11AM Gardening  13:45PM Ring Toss & Bean Bag Toss 3PM Individual visits	26 Hairdresser All Day 10AM Chair Exercise 11AM Memory Match & Jenga – Garden Room 1:45PM Love & Friendship Bracelet Making - Garden Room 3PM Friendship High Tea - Café	27 10AM Wellness with Jen - Garden Room  11AM Choir Group – Café 1:45PM Bingo – Café  3PM Happy Hour - Café	28 10AM Floor Games - Garden Room 11AM Finish the Lyrics - Café 1:30PM Mosaic Style Art - Garden Room	1 MARCH 10AM Wheelchair Walk/Time Outdoors 11:30AM Songs of Praise - Café  1:30PM Memory Painting: “My Favourite Place”
PLEASE NOTE:						

- Outdoor events/activities are weather permitting, if a specific event cannot go ahead there will be another activity in its place indoors.
- All 10AM activities are held on the floors.
- Our next Resident and Representative meeting will be held on 24th of March. We encourage more family and representatives to attend.
- If we have an infection outbreak, we will not be able to host the lifestyle program, however the lifestyle team will do daily individual visits.

If you have any feedback regarding the monthly programs, please email lifestyle@thequeenslea.com.au We encourage feedback either via feedback form or email.