



FEBRUARY LIFESTYLE CALENDAR 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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All Activities are conducted on Level 1, unless otherwise stated. Outdoor activities are weather permitting, if an activity is affected by the weather, an alternative will be offered indoors. If we go into a facility outbreak, the lifestyle team will offer individual visits. Your feedback is important to us, please speak to one of the lifestyle team or please complete a feedback form at our reception.						10:00 Individual Walking 11:30 Songs of Praise (Theatre) 14:00 Paint and Sip Valentine card
2 Hairdresser	3	4	5	6	7	8
9:15 Walking Group 10:15 Ball exercises with Morning tea	9:15 Walking Group 10:15 Noodle exercises with Morning tea	9:15 Walking Group 10:15 Dumbbell exercises with Morning tea	9:15 Walking Group 10:00 Anglican Service G 10:15 Band exercises with Morning tea	9:15 Walking Group 10:15 Seated Aerobics with Morning tea	10:00 Individual Walking	10:00 Individual Walking 11:30 Songs of Praise (Theatre)
14:00 Valentine Bingo	14:00 Art and Craft Valentine cards	14:00 Pampering and afternoon tea for L2/L3/L4	14:00 Valentine Quiz 15:10 Catholic service G	14:00 Happy hour	14:00 Making Red Envelope "Angpau"	14:00 Table games
9 Hairdresser	10	11	12 Beautician	13	14 Valentine's Day	15
9:15 Walking Group 10:15 Ball exercises with Morning tea	9:15 Walking Group 10:15 Noodle exercises with Morning tea	9:15 Walking Group 10:15 Dumbbell exercises with Morning tea	9:15 Walking Group 10:15 Band exercises with Morning tea	9:15 Walking Group 10:15 Seated Aerobics with Morning tea	10:00 Individual Walking	10:00 Individual Walking 11:30 Songs of Praise (Theatre)
14:00 Bus Outing	14:00 Table Games	14:00 Pampering and afternoon tea for L6/L7/L8	14:00 Buddhist prayer Group L2	14:00 Valentine Craft	14:00 Knitting and crochet	14:00 Table games
14:00 Valentine Bingo				14:00 Valentine High tea		
16 Hairdresser	17 Lunar New Year	18	19	20	21	22
9:15 Walking Group 10:30 Violin with Vivienne and morning tea	9:15 Walking Group 10:30 Chinese New Year special concert G	9:15 Walking Group 10:15 Dumbbell exercises with Morning tea	9:15 Walking Group 10:15 Band exercises with Morning tea	9:15 Walking Group 10:15 Seated Aerobics with Morning tea	10:00 Individual Walking	10:00 Individual Walking 11:30 Songs of Praise (Theatre)
14:00 Chinese Bingo	14:00 Baking Horse shoe cookies	14:00 Pampering and afternoon tea for L2/L3/L4	14:00 Armchair travel-Malaysia (Theatre)	14:00 Happy hour Chinese new year	14:00 Documentary Chinese new year (Theatre)	14:00 Table games
23 Hairdresser	24	25	26	27	28	29
9:15 Walking Group 10:15 Ball exercises with Morning tea	9:15 Walking Group 10:15 Noodle exercises with Morning tea	9:15 Walking Group 10:15 Dumbbell exercises with Morning tea	9:15 Walking Group 10:15 Band exercises with Morning tea	9:15 Walking Group 10:15 Seated Aerobics with Morning tea	10:00 Individual Walking	10:00 Individual Walking 11:30 Songs of Praise (Theatre)
14:00 Bus Outing	12:00 Men's Group- BBQ	14:00 Pampering and afternoon tea for L6/L7/L8	14:00 Resident and Relatives Meeting	14:45 Happy hour with Matt Price (restaurant)	14:00 Sing-A-Long	14:00 Table games