

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>
5	<b>AUSTRALIA DAY</b> <b>PUBLIC HOLIDAY</b> <b>AUSSIE MOVIES &amp; ART</b>	9:15 RISE & SHINE 11:00 MUSIC THERAPY 2:00 BINGO	9:30 CHAIR CHI 11:00 COOKING CLASS 2:00 TOMBOLA COVE	9:15 EXERCISE GROUP COVE 10:30 OUTING <b>CARINA LEAGUES CLUB</b> 2:00 BOOK CLUB FAMOUS AUSTRALIANS	9:15 ZUMBA 4 SENIORS 10:30 MOTHER DUCK <i>Intergenerational Visit</i> PAMPER SPA DAY ALL AREAS	SUNSHINE THERAPY All Areas RED CROSS VOLUNTEERS VISIT	11:30 Songs of Praise ABC2 MINDFULNESS COLOR ART
	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
6	9:15 LET'S MOVE Lifestyle group 10:30 COMMUNION All Faiths 2:00 BINGO	9:15 RISE & SHINE 11:00 MUSIC THERAPY YEAR OF THE PIG CULTURAL TALK CHINESE NEW YEAR LUNCH	9:15 CHAIR CHI / YOGA 11:00 COOKING CLASS 2:00 BOWLING & QUOITS	9:00 EXERCISE GROUP COVE 10:30 CONCERT <b>BBQ &amp; HAPPY HOUR</b>	9:15 ZUMBA 4 SENIORS 11:00 MUSIC THERAPY PAMPER SPA DAY ALL AREAS	SUNSHINE THERAPY All Areas RED CROSS VOLUNTEERS VISIT	11:30 Songs of Praise ABC2 SUNSHINE THERAPY 101 Activities with Care Staff
	<b>11</b>	<b>12</b>	<b>13</b>	<b>14 Valentine's Day</b>	<b>15</b>	<b>16</b>	<b>17</b>
7	9:15 LET'S MOVE Lifestyle group 10:30 COMMUNION All Faiths 2:00 BINGO	9:15 RISE & SHINE CITIPOINTE Church Singers 10:30 11:00 MUSIC THERAPY 2:30 TOMBOLA	9:15 CHAIR CHI / YOGA 10:30 GATEWAY CHURCH SOCIAL HAIRDRESSER VISITS	9:15 EXERCISE GROUP COVE LOVE IS IN THE AIR <b>VALENTINES LUNCH            HAWAIIAN STYLE</b> 2:00 LOVER'S QUIZ	9:15 ZUMBA 4 SENIORS 11:00 ARTS & CRAFT PAMPER SPA DAY ALL AREAS	SUNSHINE THERAPY All Areas RED CROSS VOLUNTEERS VISIT	11:30 Songs of Praise ABC2 SUNSHINE THERAPY 101 Activities with Care Staff
	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
8	9:15 LET'S MOVE Lifestyle group 10:30 COMMUNION All Faiths 2:00 BINGO	9:15 RISE & SHINE 10:00 Church Service Mass with Fr Alex 11:00 MUSIC THERAPY 2:30 TOMBOLA	9:15 CHAIR CHI / YOGA 10:30 Italian Lunch <b>Co as it Portofino</b> 2:30 BOWLING & QUOITS	9:15 EXERCISE GROUP COVE 11:00 REMINISCING ACTIVITY <i>"what's in the bag"</i> 2:30 Balloon Badminton	9:15 ZUMBA 4 SENIORS 11:00 MUSIC THERAPY PAMPER SPA DAY ALL AREAS	SUNSHINE THERAPY All Areas RED CROSS VOLUNTEERS VISIT	11:30 Songs of Praise ABC2 SUNSHINE THERAPY 101 Activities with Care Staff
	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>1</b>	<b>2</b>	<b>3</b>
9	9:15 LET'S MOVE Lifestyle group 2:00 BINGO	9:15 RISE & SHINE 11:00 MUSIC THERAPY 2:00 TOMBOLA	9:15 CHAIR CHI / YOGA HAIRDRESSER VISITS	9:15 EXERCISE GROUP COVE 11:00 MOVIE DAY OUT A Dog's Way Home	9:15 ZUMBA 4 SENIORS PAMPER SPA DAY ALL AREAS	SUNSHINE THERAPY All Areas RED CROSS VOLUNTEERS VISIT	11:30 Songs of Praise ABC2 SUNSHINE THERAPY 101 Activities with Care Staff