



Monthly Planner: February 2019

Theme: Celebrating Friendships



Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
								1 10:00am Bus Trip 3:00pm Happy Hour		2 10:45am		3 09:00am Newspaper 11:00am St. Raphael's Mass 1:15pm Church Service Link Room	
4 Hairdresser		5 Chinese New Year		6		7		8		9		10	
10:00am Friendship Group (special high tea)	11:00am Exercises with Blisscare	9:00am Baking	10:00am CNY Activity	10:00am Aromatherapy & hand care (GFL)	11:00am Exercises with Blisscare	10:00am Garden Walks	11:00am Church Service Link Room	9:30am Individual Care	10:00am Bus Outing	10:30am Ten Pin Bowling	10:30am Gelateria Santa Hedwig (Gelato Bar in the garden)	11:00am St. Raphael's Mass	
2:00pm Gardening (indoors)	3:15pm Sing-a-long	2:00pm Exercises with RAO's – Chair dancing	4:00pm Church Service in Link Room	2:00pm Craft - Valentines Day	2:30pm Whiteboard Quiz	Lunch in the garden (weather permitting)	Bingo	3:00pm Floor Game					
11 Hairdresser		12		13		14 Valentines' Day		15 Library Day		16		17	
10:00am Friendship Group	11:00am Exercise with Blisscare	11:00am Exercises with RAO's	2:00pm Craft	10:00am Decorating for Valentine's Day	11:00am Exercises with Blisscare	10:00am Morning Tea in the garden	11:00am Church Service in Link Room	10:00am Bus Trip	3:00pm Happy Hour	10:45am Individual Care for residents in water chairs	9:00am Newspapers	10:45am Valentines' Bingo	11:00am St. Raphael's Mass
2:00pm Gardening	3:00pm Sing-a-long	4:00pm Church Service in Link Room		2:30pm Residents' Monthly Birthday Party	4:00pm Rosary	2:30pm Lunch	Bingo			Pet Therapy with Moritz			
18 Narooma Holiday		19 Narooma Holiday		20 Narooma Holiday		21 Narooma Holiday		22 Narooma Holiday		23 Narooma Holiday		24	
10:00am Hairdresser	10:30am Friendship Group	9:00am Cooking	11:00am Exercises with the RAO's – chair dancing		10:00am Beach Theme Day	9:00am Morning Walk	11:00am Church Service in Link Room	9:00am Room Visits	10:00am Bus Trip	10:30am Quizzes on each floor	9:00am Newspapers	10:30am Nail care & pampering in the garden (weather permitting)	11:00am St. Raphael's Mass
11:00am Mens' Club Outing	2:00pm Exercise with Blisscare	4:00pm Church Service in Link Room		11:00am Exercises with Blisscare	Lunch in the garden (weather permitting)	1:30pm Hostel Mini Shop	Bingo	3:00pm Floor Games					
3:15pm Concert – love songs with Annette	Sing-a-long			4:00pm Rosary									
25 Hairdresser		26		27		28							
10:00am Friendship Group	11:00am Exercises with Blisscare	10:00am Residents' Meeting	2:00pm Exercises with RAO's – chair dancing	10:00am Aromatherapy & music therapy	11:00am Exercises with Blisscare	10:00am Morning tea and word games	11:00am Church Service in Link Room						
2:00pm Gardening & afternoon tea	3:15pm Sing-a-long	4:00pm Church Service in Link Room		2:00pm Craft – card making	4:00pm Rosary	4:00pm Bingo							
Regular Activities Individual & Room Visits: Daily Twilight Activities: Tuesday evening 4-8pm Church Services: Tuesday 4pm & Thursday 11am in the Link Room and every Sunday 11am at St. Raphael's													