



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

# Happy Valentine's Day!

Celebrating Love, Friendship and Kindness



<div>2</div> <div>9:40am Exercises</div> <div>10:20am Morning tea &amp; chat</div> <div>11:00am Quiz</div> <div>2:00pm Bingo</div> <div>3:30pm Dance it out</div>	<div>3</div> <div>Library</div> <div>9:40am Exercises</div> <div>10:20am Morning tea &amp; chat</div> <div>10:45am Christian Service L4</div> <div>11:00am Art and craft</div> <div>2:00pm The Hidden Lives of Pets (documentary) &amp; Ice-Cream</div> <div>Social sewing &amp; knitting L4</div> <div>3:30pm Dance it out</div>	<div>4</div> <div>9:40am Exercises</div> <div>10:20am Morning tea &amp; chat</div> <div>11:00am Sing along</div> <div>2:00pm Hand pamper / board game</div> <div>3:30pm Dance it out</div>	<div>5</div> <div>9:40am Exercises</div> <div>10:20am Morning tea &amp; chat</div> <div>11:00am Reminiscing</div> <div>2:00pm Gardening</div> <div>3:30pm Dance it out</div>	<div>6</div> <div>9:30am Individual visits or walk</div> <div>10:20am Morning tea &amp; chat</div> <div>11:00am Bingo</div> <div>1.45pm Rosie's sing along on L4</div>	<div>7</div> <div>10:15am Tea &amp; talk</div> <div>11am Exercise group</div> <div>2pm Whiteboard games</div> <div>3pm Dance it out</div> <div>3:40pm Beautiful hymns</div> <div>4:30pm Seated yoga</div> <div>5:30pm Colouring in/ 1:1 walks</div>	<div>8</div> <div>10:15am Fun exercises</div> <div>11:30am Songs of praise</div> <div>2pm Gross motor games</div> <div>3:20pm Dance it out</div> <div>4:30pm Seated yoga</div> <div>5:30pm Colouring in/ 1:1 walks</div>
<div>9</div> <div>9:40am Exercises</div> <div>10:20am Morning tea &amp; chat</div> <div>11:00am Word Quiz</div> <div>2:00pm Bingo</div> <div>3:30pm Dance it out</div>	<div>10</div> <div>9:40am Exercises</div> <div>10:20am Morning tea &amp; chat</div> <div>10:40am (start 10:45am) Yoga L4 / individual visits</div> <div>11:30am Blokes on the Balcony &amp; BBQ lunch on your floor</div> <div>2:00pm Valentine's day movie</div> <div>3:30pm Dance it out</div>	<div>11</div> <div>9:40am Exercises</div> <div>10:20am Morning tea &amp; chat</div> <div>11:00am Catholic Eucharist Mass L4</div> <div>Sing along</div> <div>2:00pm Hand pamper / board game</div> <div>3:30pm Dance it out</div>	<div>12</div> <div>9:40am Exercises</div> <div>10:20am Morning tea &amp; chat</div> <div>11:00am Math Quiz</div> <div>2:00pm Floor game</div> <div>3:30pm Dance it out</div>	<div>13</div> <div>Valentine's Day Celebration</div> <div>9:30am Individual visits or walk</div> <div>10:20am Morning tea &amp; chat</div> <div>11:00am Bingo</div> <div>1.45pm Rosie's with Shevon on L4 celebrating Valentine's Day</div>	<div>14</div> <div>Valentine's Day</div> <div>10:15am Tea &amp; talk</div> <div>11am Exercise group</div> <div>2pm Whiteboard games</div> <div>3pm Dance it out</div> <div>3:40pm Beautiful hymns</div> <div>4:30pm Seated yoga</div> <div>5:30pm Colouring in/ 1:1 walks</div>	<div>15</div> <div>10:15am Fun exercises</div> <div>11:30am Songs of praise</div> <div>2pm Gross motor games</div> <div>3:20pm Dance it out</div> <div>4:30pm Seated yoga</div> <div>5:30pm Colouring in/ 1:1 walks</div>



# February 2026

## Waterford Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<div>16</div> <div>9:40am Exercises</div> <div>10:20am Morning tea &amp; chat</div> <div>11:00am French class with Sylvia Quiz</div> <div>2:00pm Bingo</div> <div>3:30pm Dance it out</div>	<div>17</div> <div>Lunar New Year</div> <div>9:40am Exercises</div> <div>10:20am Morning tea &amp; chat</div> <div>11:00am Art and craft for Lunar New Year</div> <div>2:00pm Hand pamper Social sewing &amp; knitting L4</div> <div>3:30pm Dance it out</div>	<div>18</div> <div>Bus Outing</div> <div>Lunar New Year Lunch</div> <div>9:40am Exercises</div> <div>9:15am Bus outing Waterford</div> <div>10:20am Morning tea &amp; chat</div> <div>11:00am Sing along</div> <div>12:00pm Special Lunar New Year Lunch on your floor</div> <div>2:00pm Armchair travel to Bhutan</div> <div>3:30pm Dance it out</div>	<div>19</div> <div>9:40am Exercises</div> <div>10:20am Morning tea &amp; chat</div> <div>11:00am Residents meeting L4</div> <div>2:00pm Cooking</div> <div>3:30pm Dance it out</div>	<div>20</div> <div>Lunar New Year Celebration</div> <div>9:30am Individual visits or walk</div> <div>10:20am Morning tea &amp; chat</div> <div>11:00am Orthodox Service L4 Bingo</div> <div>2:00pm Celebrating Lunar New Year at Rosie's on L4</div> <div></div>	<div>21</div> <div>10:15am Tea &amp; talk</div> <div>11am Exercise group</div> <div>2pm Whiteboard games</div> <div>3pm Dance it out</div> <div>3:40pm Beautiful hymns</div> <div>4:30pm Seated yoga</div> <div>5:30pm Colouring in/ 1:1 walks</div>	<div>22</div> <div>10:15am Fun exercises</div> <div>11:30am Songs of praise</div> <div>2pm Gross motor games</div> <div>3:20pm Dance it out</div> <div>4:30pm Seated yoga</div> <div>5:30pm Colouring in/ 1:1 walks</div>
<div>23</div> <div>9:40am Exercises</div> <div>10:20am Morning tea &amp; chat</div> <div>11:00am Quiz</div> <div>2:00pm Bingo</div> <div>3:30pm Dance it out</div>	<div>24</div> <div>9:40am Exercises</div> <div>10:20am Morning tea &amp; chat</div> <div>10:40am (start 10:45am) Yoga L4 / individual visits</div> <div>11:00am Painting / colouring</div> <div>2:00pm The Beach Boys - Live in Concert: 50th Anniversary Concert</div> <div>3:30pm Dance it out</div>	<div>25</div> <div>9:40am Exercises</div> <div>10:20am Morning tea &amp; chat</div> <div>11:00am Sing along</div> <div>2:00pm Hand pamper / board game</div> <div>3:30pm Dance it out</div>	<div>26</div> <div>9:40am Exercises</div> <div>10:20am Morning tea &amp; chat</div> <div>11:00am Ballet4wellbeing L4 Word quiz</div> <div>2:00pm Gross motor activity</div> <div>3:30pm Dance it out</div>	<div>27</div> <div>Birthday Party</div> <div>9:30am Individual visits or walk</div> <div>10:20am Morning tea &amp; chat</div> <div>11:00am Bingo</div> <div>1.45pm Birthday celebration at Rosie's on L4</div> <div></div>	<div>28</div> <div>10:15am Tea &amp; talk</div> <div>11am Exercise group</div> <div>2pm Whiteboard games</div> <div>3pm Dance it out</div> <div>3:40pm Beautiful hymns</div> <div>4:30pm Seated yoga</div> <div>5:30pm Colouring in/ 1:1 walks</div>	