



# February 2026

# Waterford Activity Calendar

**Monday****Tuesday****Wednesday****Thursday****Friday****Saturday****Sunday**

# Happy Valentine's Day!

Celebrating Love, Friendship and Kindness



**1** 10:15am Fun exercises  
11:30am Songs of praise  
2pm Gross motor games  
3:20pm Dance it out  
4:30pm Seated yoga  
5:30pm Colouring in/  
1:1 walks

**2**

9:40am Exercises  
10:20am Morning tea & chat  
11:00am Quiz  
2:00pm Bingo  
3:30pm Dance it out

**3**

**Library**  
9:40am Exercises  
10:20am Morning tea & chat  
10:45am **Christian Service L4**  
11:00am Art and craft  
2:00pm The Hidden Lives of Pets (documentary) & Ice-Cream  
Social sewing & knitting L4  
3:30pm Dance it out

**4**

9:40am Exercises  
10:20am Morning tea & chat  
11:00am Sing along  
2:00pm Hand pamper / board game  
3:30pm Dance it out

**5**

9:40am Exercises  
10:20am Morning tea & chat  
11:00am Reminiscing  
2:00pm **Gardening**  
3:30pm Dance it out

**6**

9:30am Individual visits or walk  
10:20am Morning tea & chat  
11:00am Bingo  
1.45pm Rosie's sing along on L4

**7**

10:15am Tea & talk  
11am Exercise group  
2pm Whiteboard games  
3pm Dance it out  
3:40pm Beautiful hymns  
4:30pm Seated yoga  
5:30pm Colouring in/  
1:1 walks

**8**

10:15am Fun exercises  
11:30am Songs of praise  
2pm Gross motor games  
3:20pm Dance it out  
4:30pm Seated yoga  
5:30pm Colouring in/  
1:1 walks

**9**

9:40am Exercises  
10:20am Morning tea & chat  
11:00am Word Quiz  
2:00pm Bingo  
3:30pm Dance it out

**10**

9:40am Exercises  
10:20am Morning tea & chat  
10:40am (start 10:45am) Yoga L4 / individual visits  
11:30am **Blokes on the Balcony & BBQ lunch on your floor**  
2:00pm Valentine's day movie  
3:30pm Dance it out

**11**

9:40am Exercises  
10:20am Morning tea & chat  
11:00am **Catholic Eucharist Mass L4**  
Sing along  
2:00pm Hand pamper / board game  
3:30pm Dance it out

**12**

9:40am Exercises  
10:20am Morning tea & chat  
11:00am Math Quiz  
2:00pm Floor game  
3:30pm Dance it out

**13**

**Valentine's Day Celebration**  
9:30am Individual visits or walk  
10:20am Morning tea & chat  
11:00am Bingo  
1.45pm **Rosie's with Shevon on L4 celebrating Valentine's Day**

**14**

**Valentine's Day**  
10:15am Tea & talk  
11am Exercise group  
2pm Whiteboard games  
3pm Dance it out  
3:40pm Beautiful hymns  
4:30pm Seated yoga  
5:30pm Colouring in/  
1:1 walks

**15**

10:15am Fun exercises  
11:30am Songs of praise  
2pm Gross motor games  
3:20pm Dance it out  
4:30pm Seated yoga  
5:30pm Colouring in/  
1:1 walks



# February 2026

# Waterford Activity Calendar

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