



# FEBRUARY 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
	<b>1</b>	<b>2 1:30 PM BUS OUTING</b>	<b>3 1:30 PM COFFEE CLUB</b>	<b>4 2:00 PM HAPPY HOUR</b>	<b>5</b>	<b>6</b>
	09.00am - Walking 10.00am - Let get Physical 12.00pm - Sun Therapy 1.30pm - Afternoon Pamper 3.00 pm - 1:1 Visits	09.00am - Walking 10.00am - Bingo 12.00am - Relax Time 1.30pm - Riverside Park 1.30pm - Table Golf 3.00pm - Color Therapy	09.00am - Walking 10.00am - Brain Gym Exercise 12.00pm - Sunshine Therapy 1.30pm - Coffee Club 3.00pm - Afternoon Stroll	09.00am - Walking 10.00am - Bingo 12.00pm - Relax Time 2.00 pm - Happy Hour & Dancing 3.30pm - Color Toss	09.00am - Walking 10.00am - Exercise & Cognitive therapy 12.00pm - Sun therapy 1.30pm - Skittles 3.00pm - 1:1 Visit	
<b>7</b>	<b>8</b>	<b>9 1:30 PM BUS OUTING</b>	<b>10 1:30 PM COFFEE CLUB</b>	<b>11 VALENTINE'S DAY</b>	<b>12</b>	<b>13</b>
	09.00am - Walking 10.00am - Let get Physical 12.00pm - Sun Therapy 1.30pm - Afternoon Pamper 3.00 pm - 1:1 Visits	09.00am - Walking 10.30am - R & F Meeting 12.00am - Relax Time 1.30pm - Lake Boga 1.30pm - Table Golf 3.00pm - Art & Craft	09.00am - Walking 10.00am - Brain Gym Exercise 12.00pm - Sunshine 1.30pm - Coffee Club 3.00pm - Afternoon Stroll	09.00am - Walking 10.00am - Bingo 12.00pm - Movie 2.00 pm - H/ Hour & Love Poems 3.30pm - Color Toss	09.00am - Walking 10.00am - Exercise Cognitive therapy 12.00pm - Sun Therapy 1.30pm - Ball Games 3.00pm - 1:1 visit	
<b>14</b>	<b>15</b>	<b>16 1:30 PM BUS OUTING</b>	<b>17 1:30 PM COFFEE CLUB</b>	<b>18 2:00 PM HAPPY HOUR</b>	<b>19</b>	<b>20</b>
	09.00am - Walking 10.00am - Let get Physical 12.00pm - Sun Therapy 1.30pm - Afternoon Pamper 3.00 pm - 1:1 Visits	09.00am - Walking 10.00am - Bingo 12.00am - Relax Time 1.30pm - Tower Hill Lake View 1.30pm - Table Golf 3.00pm - Color Therapy	09.00am - Walking 10.00am - Brain Gym Exercise 12.00pm - Sunshine 1.30pm - Coffee Club 3.00pm - Afternoon Stroll	09.00am - Walking 10.00am - Bingo 12.00pm - Relax Time 2.00 pm - Happy Hour & Dancing 3.30pm - Color Toss	09.00am - Walking 10.00am - Exercise & Cognitive therapy 12.00pm - Sun Therapy 1.30pm - Skittles 3.00pm - 1:1 visit	
<b>21</b>	<b>22</b>	<b>23 1:30 PM BUS OUTING</b>	<b>24 1:30 PM COFFEE CLUB</b>	<b>25 2:00 PM HAPPY HOUR</b>	<b>26</b>	<b>27</b>
	09.00am - Walking 10.00am - Let get physical 12.00pm - Sun Therapy 1.30pm - Afternoon Pamper 3.00 pm - 1:1 Visits	09.00am - Walking 10.00am - Bingo 12.00am - Relax Time 1.30pm - Feeding ducks 1.30pm - Table Golf 3.00pm - Art & Craft	09.00am - Walking 10.00am - Brain Gym Exercise 12.00pm - Sunshine 1.30pm - Coffee Club 3.00pm - Afternoon Stroll	09.00am - Walking 10.00am - Bingo 12.00pm - Movie 2.00pm - Happy Hour & Bowls 3.30pm - Color Toss	09.00am - Walking 10.00am - Exercise & Cognitive therapy 12.00pm - Sun Therapy 1.30pm - Ball Games 3.00pm - 1:1 visit	