


















MCW- February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
					<p>1</p> <p>10.45 Room Visits 11.00 Snakes & Ladders 1.30 Armchair Travel 2.45 Exercise with Physio 3.30 Relax with Music</p>	<p>2</p> <p>10.30 Sing-a-long with Pat 2.00 Catholic Mass 3.15 Happy Hour (VLH)</p> 	<p>3</p> <p>2.00 Movie Matinee: The Curious Case of Benjamin Button (NETFLIX)</p> 
<p>4</p> <p>11.00 Songs of Praise</p> <p>2.00 Movie Matinee: Pretty Woman (NETFLIX)</p> 	<p>5</p> <p>10.15 Morning Walk 11.00 Art & Craft 1.30 Bingo 3.30 Virtual Reality 4.15 Room Visits</p>	<p>6</p> <p>10.15 Bus Outing- NIDO Childcare 1.30 Afternoon Tea with Veronica 3.30 Exercise with Physio 4.00 Music Appreciation</p>	<p>7</p> <p>10.45 Room Visits 11.00 Quiz 1.30  3.45 Pamper & Nail Care</p>	<p>8</p> <p>11.00 Baptist Church 1.30 Virtual Quiz 2.45 Exercise with Physio 3.30 Relax with Music</p>	<p>9</p> <p>10.30 Sing-a-long with Pat 2.00 Happy Hour- Lunar New Year Celebrations</p> 	<p>10</p>  <p>Lunar New Year Year of the Dragon</p> <p>2.00 Movie Matinee: Freedom Writers (NETFLIX)</p>	
<p>11</p> <p>11.00 Songs of Praise</p> <p>2.00 Movie Matinee: Dirty Dancing (NETFLIX)</p>	<p>12</p> <p>10.15 Morning Walk 11.00 Art & Craft 1.30  3.30 Virtual Reality 4.15 Room Visits</p>	<p>13</p> <p>10.30 Morning Walk 11.15 Table Games 1.30 Afternoon Tea with Veronica 3.30 Exercise with Physio 4.00 Music Appreciation</p>	<p>Valentines Day </p> <p>14</p> <p>10.45 Room Visits 11.00 Quiz 1.30 Bingo 2.30 Biscuit Decorating</p>	<p>15</p> <p>10.45 Room Visits 11.00 Snakes & Ladders 1.30 Armchair Travel 2.45 Exercise with Physio 3.30 Relax with Music</p>	<p>16</p> <p>10.30 Sing-a-long with Pat 2.00 Communion 3.00 Happy Hour</p> 	<p>17</p> <p>2.00 Movie Matinee: Olivia Newton-John (STAN)</p> 	
<p>18</p> <p>11.00 Songs of Praise</p> <p>2.00 Movie Matinee: Mona Lisa Smile (STAN)</p> 	<p>19</p> <p>10.15 Morning Walk 11.00 Art & Craft 1.30 Bingo 3.30 Virtual Reality 4.15 Room Visits</p>	<p>20</p> <p>10.30 Morning Walk 11.15 Table Games 2.00 Resident and Relative Meeting (Consumer Advisory Committee) VLH 4.00 Music Appreciation</p>	<p>21</p> <p>10.45 Room Visits 11.00 Quiz 1.30  3.45 Pamper & Nail Care</p>	<p>22</p> <p>10.45 Room Visits 11.00 Snakes & Ladders 2.00 Church of Christ 3.30 Relax with Music</p>	<p>23</p> <p>10.30 Sing-a-long with Pat 2.00 Happy Hour</p>	<p>24</p> <p>2.00 Movie Matinee: What Woman Want (STAN)</p> 	
<p>25</p> <p>11.00 Songs of Praise</p> <p>2.00 Movie Matinee: The Iron Lady (STAN)</p>	<p>26</p> <p>10.15 Morning Walk 11.00 Art & Craft 1.30  3.30 Virtual Reality 4.15 Room Visits</p>	<p>27</p> <p>10.30 Morning Walk 11.15 Table Games 1.30 Alby's Caffe & Op Shop</p>  <p>4.00 Music Appreciation</p>	<p>28</p> <p>10.45 Room Visits 11.00 Quiz 1.30 Documentary 3.45 Pamper & Nial Care</p>	<p>29</p> <p>10.45 Room Visits 11.00 Snakes & Ladders 2.45 Exercise with Physio 2.00-4.00 Shoes on the Go</p>	<p>Please note: Activities may change due to unforeseen circumstances.</p>		