



# Activities –February 2026

Welcome to February!

February sees the return of visits from the wonderful students at Jesmond Public School. They will be visiting us Tuesday afternoons from 25<sup>th</sup> February, in the Manor.

We also have some exciting concerts scheduled, including The Salvation Army Band, Karen Smith, Sonya Lee, Les Peterkin piano concert and a performance from Bridget Gamble. We will also receive a visit from 'Wearing Our Memories' - a showcase of vintage fashion.

Our February bus trips are going to Heritage Gardens Café and plant nursery, Waterboard Bowling Club, Food & Friendship Café, and scenic drives of residents' choice.

Our Manor downstairs activity calendar now features a range of dementia-specific activities, including reminiscing, singalongs, cooking, craft and active games.

This month we also have activities that acknowledge & celebrate Valentines Day, Shrove Tuesday and Chinese New Year!

The Manor – Junction		The Manor – Downstairs	The Lodge	
Sun 1st	9:30am	Church Live stream		9:30am
	10:45am	Bingo		10:45am
	2:00pm	God's Choir in Lodge		2:00pm
				Salvation Army Band
				Shuffleboard
				God's Choir



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	The Manor – Junction		The Manor – Downstairs		The Lodge	
Mon 2nd			<b>10:00am</b> Movement Group		<b>10:00am</b> Movement Group	
	<b>10:45am</b>	Residents Meeting	<b>10:45am</b> Church Service		<b>10:45am</b> Book Club	
	<b>1:30pm</b>	Ladies Coffee Club	<b>1:30pm</b> Memory Care Music & Singalong		<b>1:30pm</b> Movie: Singing in The Rain	
	<b>3:30pm</b>	Board Games & Cards				
Tues 3rd			<b>10:00am</b> Movement Group		<b>9:00am</b> Tai Chi	
			<b>10:45am</b> Anglican Church in the chapel		<b>10:00am</b> Movement Group	
	<b>10:45am</b>	Bingo	<b>10:45am</b> Les Peterkin singalong		<b>10:45am</b> Bingo	
	<b>1:30pm</b>	Art & Craft	<b>1:30pm</b> Memory Care Trivia		<b>1:30pm</b> Reminiscing Group	
Wed 4th			<b>10:00am</b> Movement Group		<b>10:00am</b> Movement Group	
	<b>10:45am</b>	Trivia	<b>10:45am</b> Waratah Active Games		<b>10:45am</b> Church with Communion	
	<b>11:30am</b>	Outing to Heritage Gardens Cafe	<b>11:30am</b> Outing to Heritage Gardens Cafe		<b>11:30am</b> Outing to Heritage Gardens Cafe	
	<b>1:30pm</b>	Theme Day Set Up	<b>1:30pm</b> Our Stories Our Strength		<b>1:30pm</b> Music & Singalong	
Thur 5th			<b>10:00am</b> Movement Group		<b>10:00am</b> Movement Group	
	<b>10:45am</b>	BACK TO SCHOOL THEME DAY	<b>10:45am</b> BACK TO SCHOOL THEME DAY		<b>10:45am</b> BACK TO SCHOOL THEME DAY	
		& CONCERT				
					<b>3:00pm</b> Hymnsing with Hannah	
Fri 6th	<b>10:00am</b>		<b>10:00am</b> Movement Group		<b>10:00am</b> Movement Group	
	<b>10:00am</b>	Bus Trip to Food & Friendship	<b>10:00am</b> Bus Trip to Food & Friendship		<b>10:00am</b> Bus Trip to Food & Friendship	
	<b>10:45am</b>	Music & Singalong	<b>10:45am</b> Waratah Hymns & Scripture		<b>10:45am</b> Shuffleboard	
	<b>1:30pm</b>	Men's Group	<b>1:30pm</b> Active Games		<b>1:30pm</b> Art & Craft	
	<b>3:30pm</b>	Current Affairs & Trivia				
Sat 7th	<b>10:45am</b>	Reminiscing			<b>10:45am</b> Bingo	
	<b>1:30pm</b>	Suburb Singalong			<b>1:30pm</b> Suburb Singalong	
Sun 8th	<b>9:30am</b>	Church Live stream			<b>9:30am</b> Church Live Stream	
	<b>10:45am</b>	Bingo			<b>10:45am</b> Shuffleboard	
	<b>2:00pm</b>	God's Choir in Lodge			<b>2:00pm</b> God's Choir	



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The Manor – Junction			The Manor – Downstairs		The Lodge	
Mon 9th	10:45am	Sports & Active Games	10:00am	Movement Group	10:00am	Movement Group
	1:30pm	Ladies Coffee Club	10:45am	Church Service	10:45am	Book Club
	3:30pm	Board Games & Cards	1:30pm	Memory Care Music & Singalong	1:30pm	Carpet Bowls
Tues 10th			10:00am	Movement Group	9:00am	Tai Chi
	10:45am	Bingo	10:45am	Memory Care Craft	10:00am	Movement Group
	1:30pm	‘Wearing Our Memories’	1:30pm	Memory Care Trivia	10:45am	Bingo
		Vintage Fashion Show			1:30pm	Reminiscing Group
Wed 11th			10:00am	Movement Group	10:00am	Movement Group
	10:45am	Trivia	10:45am	Waratah Active Games	10:45am	Church
	1:30pm	Armchair Travel to China	1:30pm	Scenic Bus Trip	1:30pm	Music & Singalong
		to celebrate Chinese Year	1:30pm	Our Stories Our Strength		
Thur 12th			10:00am	Movement Group	10:00am	Movement Group
	10:45am	Bingo	10:45am	Memory Care Cooking: Scones	10:45am	Bingo
	1:30pm	Art & Craft	1:30pm	Music & Singalong	1:30pm	Armchair Travel to China
	3:00pm	Prayer Group				to celebrate Chinese New Year
Fri 13th			10:00am	Movement Group	10:00am	Movement Group
	10:45am	Valentines Day Concert	10:45am	Waratah Hymns & Scripture	10:45am	Valentines Concert in the Manor
	1:30pm	Men’s Group	1:30pm	Scenic Bus Trip	1:30pm	Art & Craft
Sat 14th	10:45am	Reminiscing			10:45am	Bingo
	1:30pm	Suburb Singalong			1:30pm	Suburb Singalong
Sun 15th	9:30am	Church Live stream			9:30am	Church Live Stream
	10:45am	Bingo			10:45am	Shuffleboard
	2:00pm	God’s Choir in Lodge			2:00pm	God’s Choir



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The Manor – Junction			The Manor – Downstairs		The Lodge	
Mon 16th			<b>10:00am</b> Movement Group		<b>10:00am</b> Movement Group	
	<b>10:45am</b>	Sports & Active Games	<b>10:45am</b> Church Service		<b>10:45am</b> Residents Meeting	
	<b>1:30pm</b>	Ladies Coffee Club	<b>1:30pm</b> Memory Care Reminiscing		<b>1:30pm</b> Book Club	
	<b>3:30pm</b>	Board Games & Cards				
Tues 17th			<b>10:00am</b> Movement Group		<b>9:00am</b> Tai Chi	
	<b>10:45am</b>	Bingo	<b>10:45am</b> Les Peterkin singalong		<b>10:00am</b> Movement Group	
	<b>1:30pm</b>	Cooking Pancakes for Shrove Tuesday	<b>1:30pm</b> Honeysuckle Trivia		<b>10:45am</b> Bingo	
	<b>3:30pm</b>	VR & Resparke sessions			<b>1:30pm</b> Reminiscing Group	
Wed 18th			<b>10:00am</b> Movement Group		<b>10:00am</b> Movement Group	
	<b>10:45am</b>	Trivia	<b>10:45am</b> Waratah Active Games		<b>10:45am</b> Church	
	<b>1:30pm</b>	Paper Aeroplane Competition	<b>1:30pm</b> Scenic Bus Trip		<b>1:30pm</b> Music & Singalong	
	<b>3:30pm</b>	VR & Resparke sessions	<b>1:30pm</b> Our Stories Our Strength			
Thur 19th			<b>10:00am</b> Movement Group		<b>10:00am</b> Movement Group	
	<b>10:45am</b>	Bingo	<b>10:45am</b> Memory Care Art & Craft		<b>10:45am</b> Bingo	
	<b>1:30pm</b>	Art and Craft	<b>1:30pm</b> Music & Singalong		<b>1:30pm</b> Trivia & Brain Games	
					<b>3:00pm</b> Hymnsing with Hannah	
Fri 20th	<b>10:00am</b>		<b>10:00am</b> Movement Group		<b>10:00am</b> Movement Group	
	<b>10:00am</b>	Bus Trip to Food & Friendship	<b>10:00am</b> Bus Trip to Food & Friendship		<b>10:00am</b> Bus Trip to Food & Friendship	
	<b>10:45am</b>	Music & Singalong	<b>10:45am</b> Waratah Hymns & Scripture		<b>10:45am</b> Shuffleboard	
	<b>1:30pm</b>	Men's Group	<b>1:30pm</b> Active Games		<b>1:30pm</b> Art & Craft	
	<b>3:30pm</b>	Current Affairs & Trivia				
Sat 21st	<b>10:45am</b>	Reminiscing			<b>10:45am</b> Bingo	
	<b>1:30pm</b>	Suburb Singalong			<b>1:30pm</b> Suburb Singalong	
Sun 22nd	<b>9:30am</b>	Church Live stream			<b>9:30am</b> Church Live Stream	
	<b>10:45am</b>	Bingo			<b>10:45am</b> Shuffleboard	
	<b>2:00pm</b>	God's Choir in Lodge			<b>2:00pm</b> God's Choir	



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Mon 23rd			<b>10:00am</b> Movement Group		<b>10:00am</b> Movement Group	
	<b>10:45am</b>	Sports & Active Games	<b>10:45am</b> Church Service		<b>10:45am</b> Book Club	
	<b>1:30pm</b>	Ladies Coffee Club	<b>1:30pm</b> Memory Care Reminiscing		<b>1:30pm</b> Cooking Pancakes	
	<b>3:30pm</b>	Board Games & Cards				
Tues 24th			<b>10:00am</b> Movement Group		<b>9:00am</b> Tai Chi	
	<b>10:45am</b>	Bingo	<b>10:45am</b> Music & Singalong		<b>10:00am</b> Movement Group	
	<b>1:30pm</b>	Art & Craft	<b>1:30pm</b> Memory Care Trivia		<b>10:45am</b> Bingo	
	<b>3:30pm</b>	VR & Resparke sessions			<b>1:30pm</b> Trivia	
Wed 25th			<b>10:00am</b> Movement Group		<b>10:00am</b> Movement Group	
	<b>10:45am</b>	Trivia	<b>10:45am</b> Waratah Active Games		<b>10:45am</b> Church	
	<b>11:30am</b>	Outing: Waterboard Bowl Club	<b>11:30am</b> Outing: Waterboard Bowl Club		<b>11:30am</b> Outing: Waterboard Bowl Club	
	<b>1:30pm</b>	Jesmond Public School visits	<b>1:30pm</b> Our Stories Our Strength		<b>1:30pm</b> Music & Singalong	
Thur 26th						
	<b>10:45am</b>	Bingo	<b>10:00am</b> Movement Group		<b>10:00am</b> Movement Group	
	<b>1:30pm</b>	Concert with Bridget	<b>10:45am</b> Catholic Mass		<b>10:45am</b> Bingo	
	<b>3:00pm</b>	Prayer Group	<b>1:30pm</b> Music & Singalong		<b>1:30pm</b> Reminiscing Group	
Fri 27th			<b>10:00am</b> Movement Group		<b>10:00am</b> Movement Group	
	<b>10:45am</b>	Music & Singalong	<b>10:45am</b> Waratah Hymns & Scripture		<b>10:45am</b> Indoor Golf	
	<b>1:30pm</b>	Men's Group	<b>1:30pm</b> Scenic Bus Trip		<b>1:30pm</b> Art & Craft	
Sat 28th	<b>10:45am</b>	Reminiscing			<b>10:45am</b> Bingo	
	<b>1:30pm</b>	Suburb Singalong			<b>1:30pm</b> Suburb Singalong	