

February 2025 Lounge

· MONDAY ·

· TUESDAY ·

· WEDNESDAY ·

· THURSDAY ·

· FRIDAY ·

· SATURDAY ·

· SUNDAY ·

10:00am On This Day With Deb **3**
11:00am Morning Movement - Exercise to music with Deb
11:30am Morning Worship with Deb
2:30pm Word Games with Deb
4:00pm Wind Down With Music

10:00am On This Day With Georgie **4**
11:00am Morning Movement - Skittles With Georgie
11:30am The World At War - With Volunteer Simon
2:30pm Mystery Presentation with Matt
4:00pm Wind Down With Music

10:00am On This Day With Matt **5**
11:00am Armchair Travel with Matt
11:45am Morning Movement - Hand exercises with Matt
2:30pm Fun With Numbers with Georgie
4:00pm Wind Down With Music

10:00am On This Day With Deb **6**
11:00am Finish The Phrase With Deb
11:45am Morning Movement - Balls With Deb
2:30pm Baking Club With Deb
2:30pm Reminiscence- What Is Love? With Caroline
4:00pm Wind Down With Music

10:00am On This Day With Athira **7**
11:00am Name The Place With Athira
11:45am Morning Movement - Balloons with Athira
2:30pm General Knowledge Quiz with Athira
4:00pm Wind Down With Music

10:00am On This Day With Ellen **8**
11:00am Minute To Win It- Apple Stacking With Ellen
11:45am Morning Movement - Upper Body Workout With Ellen
2:30pm Bingo with Deb in the Dining Room
2:30pm Who Am I? With Ellen
4:00pm Wind Down With Music

10:00am On This Day With Max **2**
11:00am Darts With Max
11:45am Morning Movement - Arm Exercises With Max
2:30pm Getting To Know You with Max
4:00pm Wind Down With Music

10:00am On This Day With Athira **9**
11:00am Connect 4 With Athira
11:45am Morning Movement - Arm Exercises With Athira
2:30pm Music Of The Opera With Athira
4:00pm Wind Down With Music

10:00am On This Day With Matt **1**
11:00am Musical Medley With Matt
11:45am Morning Movement - Upper Body Workout With Matt
2:30pm Brain Training with Matt
4:00pm Wind Down With Music

<p>10:00am On This Day With Deb 10</p> <p>11:00am Morning Movement - Exercise to music with Deb</p> <p>11:30am Morning Prayer with Rev Jane</p> <p>2:30pm Word Games with Deb</p> <p>4:00pm Wind Down With Music</p>	<p>10:00am On This Day With Deb 11</p> <p>11:00am Tuneful Tuesday With Deb</p> <p>11:45am Morning Movement - Leg Exercises With Deb</p> <p>2:30pm Higher or Lower with Deb</p> <p>4:00pm Wind Down With Music</p>	<p>10:00am Qigong And Tai Chi With Cheyne 12</p> <p>11:30am Geography Quiz With Matt</p> <p>2:30pm Fun With Words with Georgie</p> <p>4:00pm Wind Down With Music</p>	<p>10:00am On This Day With Caroline 13</p> <p>11:00am Poetry about Love With Caroline</p> <p>11:45am Morning Movement - Balls With Caroline</p> <p>2:30pm Love Songs Quiz With Deb</p> <p>4:00pm Wind Down With Music</p>	<p>9:00am Valentines Day 14</p> <p>10:00am On This Day With Athira</p> <p>11:00am Reminiscence-The Ones We Love With Athira</p> <p>11:45am Morning Movement - Balloons with Athira</p> <p>2:30pm General Knowledge Quiz with Athira</p> <p>4:00pm Wind Down With Music</p>	<p>10:00am On This Day With Matt 15</p> <p>11:00am Musical Medley With Matt</p> <p>11:45am Morning Movement - Upper Body Workout With Matt</p> <p>2:30pm Brain Training with Matt</p> <p>4:00pm Wind Down With Music</p>	<p>10:00am On This Day With Max 16</p> <p>11:00am Skittles With Max</p> <p>11:45am Morning Movement - Arm Exercises With Max</p> <p>2:30pm Getting To Know You with Max</p> <p>4:00pm Wind Down With Music</p>
<p>10:00am On This Day With Deb 17</p> <p>11:00am Morning Movement - Exercise to music with Deb</p> <p>11:30am Morning Worship with Deb</p> <p>2:30pm Word Games with Deb</p> <p>4:00pm Wind Down With Music</p>	<p>10:00am On This Day With Georgie 18</p> <p>11:00am Morning Movement - Skittles With Georgie</p> <p>11:30am The World At War - With Volunteer Simon</p> <p>2:30pm Mystery Presentation with Matt</p> <p>4:00pm Wind Down With Music</p>	<p>10:00am On This Day With Matt 19</p> <p>11:00am Armchair Travel with Matt</p> <p>11:45am Morning Movement - Hand exercises with Matt</p> <p>2:30pm Fun With Numbers with Georgie</p> <p>4:00pm Wind Down With Music</p>	<p>10:00am On This Day With Deb 20</p> <p>11:00am Jokes With Deb</p> <p>11:45am Morning Movement - Balls With Deb</p> <p>2:30pm Musical Entertainment With Victoria Starr</p> <p>4:00pm Wind Down With Music</p>	<p>10:00am On This Day With Athira 21</p> <p>11:00am Hoopla With Athira</p> <p>11:45am Morning Movement - Balloons with Athira</p> <p>2:30pm General Knowledge Quiz with Athira</p> <p>4:00pm Wind Down With Music</p>	<p>10:00am On This Day With Ellen 22</p> <p>11:00am Name The Flower With Ellen</p> <p>11:45am Morning Movement - Upper Body Workout With Ellen</p> <p>2:30pm Bingo with Deb in the Dining Room</p> <p>2:30pm Guess How Old They Are Now With Ellen</p> <p>4:00pm Wind Down With Music</p>	<p>10:00am On This Day With Athira 23</p> <p>11:00am Rhyming Words Quiz With Athira</p> <p>11:45am Morning Movement - Arm Exercises With Athira</p> <p>2:30pm Music Of The Movies With Athira</p> <p>4:00pm Wind Down With Music</p>
<p>10:00am On This Day With Deb 24</p> <p>11:00am Morning Movement - Exercise to music with Deb</p> <p>11:30am Holy Communion with Rev Jane</p> <p>2:30pm Word Games with Deb</p> <p>4:00pm Wind Down With Music</p>	<p>10:00am On This Day With Matt 25</p> <p>11:00am Tuneful Tuesday With Matt</p> <p>11:45am Morning Movement - Leg Exercises With Matt</p> <p>2:30pm Mystery Presentation with Matt</p> <p>4:00pm Wind Down With Music</p>	<p>10:00am On This Day With Matt 26</p> <p>11:00am Armchair Travel with Matt</p> <p>11:45am Morning Movement - Hand exercises with Matt</p> <p>2:30pm Fun With Words with Georgie</p> <p>4:00pm Wind Down With Music</p>	<p>10:00am On This Day With Caroline 27</p> <p>11:00am Reminiscence ball with Caroline</p> <p>11:45am Morning Movement - Balls With Deb</p> <p>2:30pm Give Me 5 With Deb</p> <p>4:00pm Wind Down With Music</p>	<p>10:00am On This Day With Athira 28</p> <p>11:00am Residents Meeting With Matt</p> <p>2:30pm General Knowledge Quiz with Athira</p> <p>4:00pm Wind Down With Music</p>		

