

 <p>February is Heart Month Get to know your heart better!</p>	<p>Martin Luther HOMES ADVOCACY GROUP</p> <p>Next Meeting Wednesday, 20th March @ 2pm Jensen Café</p>	<p>Walking Group Monday to Friday 9.30 am at Café Jensen. All Welcome</p>  <p>Weather Permitting</p>	<p>Thursday – 1st</p> <p>9:30 Morning Walk / Exercise</p> <p>Pastoral CARE</p> <p>10:00 Pastoral Care Visits – Pastor Kim 10:00 Morning Devotions Bluegum 10:30 Senior Exercise Activity Room 2:00 Carpet Bowls Activity Room 2:00 Balloon Tennis Banksia</p> 	<p>Friday – 2nd</p> <p>9:30 Morning Walk / Exercise</p> <p>BINGO</p> <p>10:30 Bingo Treetops 2:00 Happy Hour the Day the Music Died. Activity Room</p> 	<p>Saturday – 3rd</p> <p>10:30 Carpet Bowls Activity Room 1:30 Movie matinee The Last Samurai Activity Room</p> 	<p>Sunday 4th</p>
<p>Monday – 5th</p> <p>9:30 Morning Walk / Exercise 10:30 Carpet Bowls Activity Room 10:30 Active Games Banksia 2:00 Art and Craft Banksia 2:00 Bingo Activity Room</p> 	<p>Tuesday – 6th</p> <p>9:30 Morning Walk / Exercise 10:00 Cultural 1x1 visits with Barbara 10:30 Vid's Exercise Group Activity Room 10:30 Fun and Games Banksia 2:00 German Poetry Activity Room</p> <p>CRICUT CRAFTS YOU WILL love</p> <p>2:00 Cricut Craft with Anna Bluegum</p> 	<p>Wednesday – 7th</p> <p>9:30 Morning Walk / Exercise 10:30 Word Bingo Hedwig 10:30 Fun with Music Banksia</p>  <p>2:00 Val on Piano Activity Room 2:00 Lets Stamp Banksia 3:30 Snack Trolley All Areas</p>	<p>Thursday – 8th</p> <p>9:30 Morning Walk / Exercise</p> <p>Pastoral CARE</p> <p>10:00 Pastoral Care Visits – Pastor Kim 10:00 Morning Devotions Bluegum 10:30 Senior Exercise Activity Room 2:00 Word Games Activity Room</p> 	<p>Friday – 9th</p> <p>9:30 Morning Walk / Exercise 10:30 Bingo Treetops</p>  <p>2:00 Chinese New Year The year of the Dragon Activity Room</p>	<p>Saturday – 10th</p> <p>10:30 Dice Game Activity Room 2:00 Kaffee Klatsch Activity Room 2:00 Word Bingo Hedwig</p> 	<p>Sunday 11th</p>
<p>Monday – 12th</p> <p>9:30 Morning Walk / Exercise 10:30 Carpet Bowls Activity Room 10:30 Active Games Banksia 2:00 Valentine's Card Making Banksia 2:00 Bingo Activity Room</p> 	<p>Tuesday – 13th</p> <p>9:30 Morning Walk / Exercise 10:00 Cultural 1x1 visits with Barbara 10:30 Vid's Exercise Group Activity Room 2:00 German Poetry Banksia</p> <p>Shrove Tuesday</p> <p>2:00 Shrove Tuesday Pancakes with the Lot Activity Room</p> 	<p>Wednesday – 14th</p> <p>9:30 Morning Walk / Exercise 10:00 Learn about Technology Act Room 10:30 Dice Game Treetops</p> <p>Valentine's Day</p> <p>2:00 Valentine's Day Art and Craft Love Birds Banksia and Activity Room 2:00 MENS GROUP Activity Room 3:30 Snack Trolley All Areas</p> 	<p>Thursday – 15th</p> <p>9:30 Morning Walk / Exercise 10:00 Morning Devotions Bluegum 10:30 Senior Exercises Activity Room</p> <p>German Movies</p> <p>2:00 German Movie Activity Room 2:00 Adult Colouring Banksia 2:00 Fun and Games Wattle</p> 	<p>Friday – 16th</p> <p>9:30 Morning Walk / Exercise 10:30 Bingo Treetops</p> <p>HAPPY HOUR</p> <p>11:00 Catholic Mass with Father Knap Activity Room 2:00 Happy Hour Activity Room</p> 	<p>Saturday – 17th</p> <p>10:30 Carpet Bowls Activity Room</p> <p>CAFÉ JENSEN 1 - 4 PM ALL WELCOME</p> 	<p>Sunday 18th</p>
<p>Monday – 19th</p> <p>9:30 Morning Walk / Exercise 10:30 Carpet Bowls Activity Room 10:30 Active Games Banksia 2:00 Lets Bake Banksia 2:00 Bingo Activity Room</p> 	<p>Tuesday – 20th</p> <p>9:30 Morning Walk / Exercise 10:00 Cultural 1x1 visits with Barbara 10:30 Vid's Exercise Group Activity Room 2:00 Stammtisch Banksia 2:00 Learn Spanish with Anna Bluegum</p> <p>LEARN SPANISH</p> 	<p>Wednesday – 21st</p> <p>9:30 Morning Walk / Exercise 10:00 Learn about Technology 1x1 10:30 Active Games Banksia</p> <p>A journey down The Rhine</p> <p>12:00 Special Event - Down the Rhine Hosted by CaterCare – Activity Rm and Doongalla Dining Room All Welcome. 3:30 Snack Trolley All Areas</p> 	<p>Thursday – 22nd</p> <p>9:30 Morning Walk / Exercise 10:00 Morning Devotions Bluegum 10:30 Active Games Banksia 11:00 German Lutheran Service with Pastor Kim Activity Room 2:00 Dice Game Treetops</p> <p>MUSIC</p> <p>2:00 Music with Lydia Activity Room</p> 	<p>Friday – 23rd</p> <p>9:30 Morning Walk / Exercise 10:30 Bingo Treetops</p> <p>HAPPY HOUR</p> <p>2:00 Fun with Music Including Happy Hour Activity Room</p> 	<p>Saturday – 24th</p> <p>10:30 Word Bingo – Hedwig 2:00 Bocce Ball Activity Room</p> <p>BOCCE</p> 	<p>Sunday 25th</p>
<p>Monday – 26th</p> <p>9:30 Morning Walk / Exercise 10:30 Carpet Bowls Activity Room 10:30 Active Games Banksia 2:00 Art and Craft Banksia 2:00 Bingo Activity Room</p> 	<p>Tuesday – 27th</p> <p>9:30 Morning Walk / Exercise 10:00 Cultural 1x1 visits with Barbara 10:30 Vid's Exercise Group Activity Room 10:30 Gentle Exercises Banksia 1:30 CAPS Discussion Group with Andrea 2:00 German Coffee Group with Barbara Activity Room 2:00 Knit and Natter with Anna Hedwig</p> 	<p>Wednesday – 28th</p> <p>9:30 Morning Walk / Exercise 10:00 Learn about Technology Act. Room 10:30 Active Games Banksia</p> <p>The Band Wagon</p> <p>2:00 Musical The Band Wagon Activity Room 3:30 Snack Trolley All Areas</p> 	<p>Thursday – 29th 10:00 Laughter Care</p> <p>9:30 Morning Walk / Exercise 10:00 Morning Devotions Bluegum 10:30 Senior Exercises Activity Room</p> <p>FEBRUARY 2024 LEAP DAY 2024 366 DAYS 2024 LEAP YEAR</p> <p>2:00 Did You Know – Discussion Group Leap Year – Meaning and Traditions. Activity Room</p> 	<p>laughter care THE HUMOUR FOUNDATION</p> <p>Laughter Care Program Thursday, 29th Feb All Areas</p> 	<p>Vid's Exercise Group Tuesdays at 10:30am Activity Room</p> <p>GROUP EXERCISE</p> 	<p>SELF-GUIDED GAMES & ACTIVITIES available to all residents in their lounge room / dining area.</p>