









Chantal Cottage Day Respite Program



February 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<div>9:30am Morning Tea & Socialising Short Story: Jenny the Horse</div> <div>10:30am Bingo – Activity Room</div> <div>11:15am Guess the historical figure? – Lounge Room</div> <div>12:00pm Lunch - Dining Room</div> <div>1:00pm Floor game – Bobs – Lounge Room</div> <div>2:30pm Board Game – Match Ups – Activity Room</div> <div>2</div>	<div>9:30am Morning Tea & Socialising - Short Story: The Birth of QANTAS</div> <div>10:30am Music Bingo – Activity Room</div> <div>11:15am Floor Game – Bobs, Competition – Lounge Room</div> <div>12:00pm Lunch - Dining room</div> <div>1:00pm Romantic couples through Ages quiz – Dining Room</div> <div>2:30pm Do you see what I hear? Sensory activity – Lounge Room</div> <div>3</div>	<div>Bus outing Dee Why RSL</div> <div>9:30am Morning Tea and socialising – Words in Words Game</div> <div>10:30am Bus outing – Dee Why RSL</div> <div>Join us for a scenic bus outing along the Northern Beaches! We'll enjoy a delicious lunch at Dee Why RSL and take in the beautiful coastal views along the way, experiencing the charm of all the Northern Beaches.</div> <div>4</div>	<div>World Read Aloud Day</div> <div>9:30am Morning Tea & Socialising – 3 Inspiring Read Aloud Short Stories</div> <div>11:00am Sit Dance-Dance to remember – Dining Rm</div> <div>12:00pm Lunch - Dining Room</div> <div>1:00pm Read aloud – Audience Participation story – Activity Room</div> <div>2:30pm Board Game – Dominoes with Afternoon Tea</div> <div>5</div>	<div>Bus outing Museum</div> <div>9:30am Morning Tea & Socialising</div> <div>10:30am Bus outing – Museum of Contemporary Art - Connect with the Art and culture through exhibitions and creative learning. More information will be provided – Limited spots.</div> <div>6</div>
<div>9:30am Morning Tea & Socialising – 3 Amazing stories!</div> <div>10:30am Seated exercises with ballon – Dining Rm</div> <div>11:15am Dean Martin – Biography – Lounge Room</div> <div>12:00pm Lunch - Dining room</div> <div>1:00pm Floor Game – Bowling – Lounge Room</div> <div>2:30pm 10 Funniest animal auditions! – Lounge Room</div> <div>9</div>	<div>9:30am Morning Tea & Socialising - Finish the Story Group Game</div> <div>10:30am Art & Craft – Card making for Valentine's Day – Activity Room</div> <div>11:30am Words that start with 'F' Quiz – Lounge Room</div> <div>12:00pm Lunch - Dining Room</div> <div>1:00pm Movie time – "The Castle" with popcorn and Ice cream – Lounge Room</div> <div>10</div>	<div>Bus outing Bobbin Head</div> <div>9:30am Morning Tea & Socialising - Languages of The World Quiz</div> <div>10:30am Bus outing – Bobbin Head</div> <div>Enjoy a scenic morning walk followed by a relaxing coffee by the water, and then gather for a delicious lunch at a nearby café to complete the outing.</div> <div>11</div>	<div>World Radio Day</div> <div>9:30am Morning Tea & Socialising - Turn on the radio! Radio Facts</div> <div>11:00am Radio History Quiz – Lounge Room</div> <div>12:00pm Lunch - Dining Room</div> <div>1:00pm Performance Appreciation – Top 10 Best Dance scene – Lounge Room</div> <div>2:30pm Colouring by addition – Activity Room</div> <div>12</div>	<div></div> <div>SOCIAL OUTING COMING SOON</div> <div>Enquire for details</div> <div>13</div>
<div>9:30am Morning Tea & Socialising – The Life Saver: The Story of Swansea Jack</div> <div>10:30am Hands Exercise to improve your dexterity – Dining Room</div> <div>11:15am Colouring or painting by number – Activity Room</div> <div>12:00pm Lunch – Dining Room</div> <div>1:00pm Movie time "Mary Poppins" with popcorn and Ice cream – Lounge Room</div> <div>2:30pm Floor Game – Target Mat – Lounge Rm</div> <div>16</div>	<div>Celebrating Valentine's Day together with all our clients</div> <div>12:00pm–3:00pm Join us for a special Valentine's Day lunch, followed by a beautiful afternoon enjoying the Andrea Bocelli Concert Experience – Live in Toscana, accompanied by champagne, cheese, and crackers.</div> <div></div> <div>17</div>	<div>Bus outing Narrabeen Lakes</div> <div>9:30am Morning Tea & Socialising with pancakes</div> <div>10:30am Bus outing - Narrabeen Lakes</div> <div>Enjoy a peaceful walk by the lakes and relax with a lovely picnic lunch. A perfect day out in nature!</div> <div>18</div>	<div>9:30am Morning Tea & Socialising - Remembering the clothesline</div> <div>11:00am Paul McCartney Karaoke – Lounge Rm</div> <div>12:00pm Lunch - Dining Room</div> <div>1:00pm Floor Game – Target Mat – Lounge Room</div> <div>2:30pm Food Quiz with Afternoon Tea – Dining Room</div> <div>19</div>	<div>Bus outing Flower Power Glenhaven</div> <div>9:30am Morning Tea & Socialising</div> <div>10:30am Bus outing - Flower Power Glenhaven</div> <div>Have a walk through a visual and aromatic garden, enjoy a nice lunch while socialising with others.</div> <div>20</div>
<div>9:30am Morning Tea & Socialising</div> <div>10:30am Sharing three amazing stories – Lounge Room</div> <div>11:15am Ella Fitzgerald – Biography – Lounge Room</div> <div>12:00pm Lunch - Dining Room</div> <div>1:00pm Word Bingo – Activity Room</div> <div>2:30pm Old-time romantic songs – Sing along – Lounge Room</div> <div>23</div>	<div>9:30am Morning Tea & Socialising - Short story: "The day the Music Died"</div> <div>11:00am Seated Workout – Smile & Sway gently – Dining Room</div> <div>12:00pm Lunch - Dining Room</div> <div>1:00pm Who Am I? February Birthdays – Lounge Room</div> <div>2:30pm Cake and Celebrate – Dining Room</div> <div>24</div>	<div>Bus outing – Balmoral Beach</div> <div>9:30am Morning Tea & Socialising - Courtship Reminiscing questions</div> <div>10:30am Bus outing – Balmoral Beach – Fish and chips on the beach. Have a lovely day walking along the beach and enjoy fish and chips for lunch.</div> <div>25</div>	<div>9:30am Morning Tea & Socialising</div> <div>10:30am Strength and balance class - lead by an external personal trainer</div> <div>11:15am Word search competition</div> <div>12:00pm Lunch - Dining Room</div> <div>1:00pm Board game snake and ladder with a trivia</div> <div>2:30pm Words that start with 'F' Quiz</div> <div>26</div>	<div></div> <div>27</div>
<div></div>	<div></div>	<div></div>	<div></div>	<div></div>

Activities are listed in a daily activities sheet for clients. Activities are subject to change. 1:1 activities such as Jenga, jigsaw puzzles, sensory activities, crossword, search word and colouring are also available. To Join or for more information contact yanci.rivera@chcs.com.au or phone number 0403928482