

# Chantal Cottage Day Respite Program

## February 2026

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

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](mailto:yanci.rivera@chcs.com.au) or phone number 0403928482