

Weekly Activity Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early morning session 1	Gentle Exercises	Rosary	Gentle Exercises	Scrabble Group	Gentle Exercises		
Early morning session 2	Rosary	Gentle Exercises	Rosary	Gentle Exercises	Anointing Mass	Gentle Exercises	Songs of Praise
	Morning tea	Morning tea	Morning tea	Morning tea	Morning tea	Morning tea	Morning tea
Late morning session 1	Word Games	Coffee Club	Trivia	1:1 Lifestyle Visits	Pet Therapy	Walking Group	Mass
Late morning session 2	Musical Movie	Trivia	Harp Concert	Social Café Club	Chop & Chat	Coffee Club	Table Games
	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Afternoon session 1	Library Trolley	Carpet Bowls	Chop & Chat	Music Therapy	1:1 Lifestyle Visits	Table Games	Gentle Exercises
Afternoon session 2	Walking Group	Arts & Crafts	Mindfulness Colouring	Documentary	Gardening Group	Knitting Group	Movie

Activity programs are subject to change.