

Weekly Activity Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early morning session 1	Gentle Exercises	Hairdressing	Gentle Exercises	Scrabble Group	Gentle Exercises		
Early morning session 2	Sing-A-Long	Gentle Exercises	Quiz Quandry	Gentle Exercises	Mini Market	Gentle Exercises	Songs of Praise
	Morning tea	Morning tea	Morning tea	Morning tea	Morning tea	Morning tea	Morning tea
Late morning session 1	Bible Conversation	Rosary	Bingo	1:1 Lifestyle Visits	Scenic Drive	Walking Group	Mass
Late morning session 2	Carpet Bowls	Jukebox	High Tea	Market Visit	Active Games	Coffee Club	Table Games
	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Afternoon session 1	You, Me and Our Community	Afternoon Tea	Catholic Mass	Happy Hour	Pet Therapy	Table Games	Gentle Exercises
Afternoon session 2	Word Games	Comedy Hour	Puzzle Hour	Arts & Crafts	Garden Group		

Activity programs are subject to change.