

Weekly Activity Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early morning session 1	Gentle Exercises	Singalong	Gentle Exercises	Word Games	Gentle Exercises		
Early morning session 2	Walking Group	Gentle Exercises	Balloon Tennis	Gentle Exercises	Prayers	Word Games	Rosary
	Morning tea	Morning tea	Morning tea	Morning tea	Morning tea	Morning tea	Morning tea
Late morning session 1	Word Games	Pamper Me	Walking Group	Pamper Me	Walking Group	Gentle Exercises	Mass
Late morning session 2	Knix Knax Shopping Club	Arts & Crafts	Bus Outing	Social Coffee Club	Individual Visits	Pet Therapy	Sing-A-Long
	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Afternoon session 1	Active Games	Gardening	Active Games	Shopping Trip	Gardening	Movie	Table Games
Afternoon session 2	Individual Visits	Rosary	Quiz	Bocce	Happy Hour		

Activity programs are subject to change.