

# Weekly Activity Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Early morning session 1</b>	Rosary	Seated Exercises	Rosary	Balloon Tennis	Physio Walking Group		
<b>Early morning session 2</b>	Mini Devotion Hymns	Floor Games	Holy Communion	Physio Exercise Group	Arm Chair Travel	Rosary	Mass
	Morning tea	Morning tea	Morning tea	Morning tea	Morning tea	Morning tea	Morning tea
<b>Late morning session 1</b>	Seated Exercises	Physio Exercise Group	Bus Outing	Chop & Chat	Feature Movie	Mass	Rosary
<b>Late morning session 2</b>	Intergeneration Hangout	Conversations of Life	Seated Exercise	Bingo	Catholic Mass	Table Games	Classical Music Club
	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<b>Afternoon session 1</b>	Bingo	Coffee Club	Shopping Trolley	Knit & Knatter	Coffee Club	Hymns	Table Games
<b>Afternoon session 2</b>	Sing-A-Long	Balloon Tennis	Walking Group	Relaxation & Pamper	Arts & Crafts		

Activity programs are subject to change.