

Weekly Activity Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early morning session 1	Gentle Exercises	Lifestyle Visits	Gentle Exercises	Trivia	Gentle Exercises		
Early morning session 2	Dog Therapy	Gentle Exercises	Trivia	Gentle Exercises	This Day in History	Ecumenical Service	Rosary
	Morning tea	Morning tea	Morning tea	Morning tea	Morning tea	Morning tea	Morning tea
Late morning session 1	Coffee Club	Arts & Crafts	Therapeutic Harpist	Hairdressing Sessions	Coffee Club	Rosary	Family & Friends Visits
Late morning session 2	Word Games	Coffee Club	Coffee Club	Mindfulness	Arts & Crafts	Table Games	Ecumenical Service
	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Afternoon session 1	Movie Session	Mindfulness	Happy Hour	Ukelele Concert	Movie Session	Family & Friends Visits	Table Games
Afternoon session 2	Bingo	Pinot & Picasso	Arts & Crafts	Bingo	Word Games		

Activity programs are subject to change.