

Weekly Activity Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early morning session 1	1:1 Resident Care	Exercise Group	Newspaper Club	Gentle Exercise	Magazine Trolley		
Early morning session 2	Physio Weight Class	Café Visit	Physio Exercise	Physio Weight Classes	Yoga Movement	Pet Therapy	Songs of Praise
	Morning tea	Morning tea	Morning tea	Morning tea	Morning tea	Morning tea	Morning tea
Late morning session 1	Coffee Club	Movie	Catholic Mass	Puppet Therapy	Arts and Crafts	Uniting Mass	Catholic Mass
Late morning session 2	Rosary	Laundry Folding	Hymn Singing	Chop and Chat Café	Pet Therapy	Gentle Exercise	Individual Visits
	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Afternoon session 1	Garden Walk	Shopping	Happy Hour	Rosary	Bingo	Table Games	Walking Club
Afternoon session 2	Music Concert	Art and Craft	1:1 Resident Care	Foot and Hand Pampering	Meditation		

Activity programs are subject to change.