

Weekly Activity Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early morning session 1	News & Views	Relaxing Music	News & Views	Exercise Group	News & Views	Word Games	Meditation
Early morning session 2	Exercise Group	News & Views	Exercise Group	Relaxing Music	Exercise Group	Relaxing Music	Sunday Mass
	Morning tea	Morning tea	Morning tea	Morning tea	Morning tea	Morning tea	Morning tea
Late morning session 1	Jigsaw Puzzles	Meditation	Coffee Club	Word Games	Sing Along	Movie Matinee	Relaxing Music
Late morning session 2	Nail Care / Hand Pampering	Word Games	BBQ Lunch	Kiosk Trolley	Puppet Show	Rosary	Movie Matinee
	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Afternoon session 1	Table Games	Relaxing Music	Jigsaw Puzzles	Coffee Club	Mass	Table Games	Walking Club
Afternoon session 2	Walking Club	Table Games	Walking Club	Bus Outing	Kiosk Trolley	Walking Club	Table Games

Activity programs are subject to change.