

# Weekly Activity Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Early morning session 1</b>	Word Games	Seated Exercises	Word Games	Morning Melodies	Kiosk		
<b>Early morning session 2</b>	Pastoral Care Visits	Word Games	Pet Therapy	Holy Communion	Word Games	Chair Exercises	Songs of Praise
	Morning tea	Morning tea	Morning tea	Morning tea	Morning tea	Morning tea	Morning tea
<b>Late morning session 1</b>	Walking Group	Bus Trip	Visit from Kindergarten	Relaxation & Massage	Flower Arranging	Mandala Colouring	Chair Exercises
<b>Late morning session 2</b>	Gentle Exercises	Peter on the Piano	Carpet Bowls	Board Games	Sing-A-Long	Connect Four	Table Games
	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<b>Afternoon session 1</b>	Balloon Tennis	Armchair Travel	Bingo	"The VMCH Way" Games	Balloon Tennis	Singing Visitors	Walking Group
<b>Afternoon session 2</b>	Laughter Yoga	Men's Group	Happy Hour	Wellness Exercises	1:1 Room Visits		

Activity programs are subject to change.