

Weekly Activity Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early morning session 1	Gentle exercises	Word games	Room visits	Word games	Gentle exercises	Room visits	Rosary
Early morning session 2	Word games	Board games	Men's group	Hairdressing	Pet therapy	Mass	Arts and crafts
	Morning tea	Morning tea	Morning tea	Morning tea	Morning tea	Morning tea	Morning tea
Late morning session 1	Bingo	Arts and crafts	Gentle exercises	Music therapy	Coffee club	Hand pampers	Gentle exercises
Late morning session 2	Gentle exercises	Bingo	Guided meditation	Arts and crafts	Cooking demonstration	Men's group	Board games
	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Afternoon session 1	Music therapy	Room visits	Word games	Board games	Sing-a-long	Musician visit	Mindful colouring
Afternoon session 2	Hand pampers	Choir	Movie night	Trivia	Happy hour	Movie night	Card games

Activity programs are subject to change.