

Weekly Activity Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early morning session 1	Physio exercises	Gardening club	Walking group	Mindfulness meditation	Physio exercises	Rosary	Mass
Early morning session 2	Communion service	Cultural coffee club	Pet therapy	Newspaper group	Gardening club	Cooking club	Hymn singing
	Morning tea	Morning tea	Morning tea	Morning tea	Morning tea	Morning tea	Morning tea
Late morning session 1	Bus outing	Rosary	Mass	Bocce	Bus outing	Balkan coffee club	Knitting group
Late morning session 2	Chocolate bingo	Mindful meditation	Bus outing	Knitting group	Turkish coffee club	Craft workshop	Bocce
	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Afternoon session 1	Arts and crafts	Hairdressing visit	Sing-a-long	Physio exercises	Quiz group	Mindful meditation	Chocolate bingo
Afternoon session 2	Quiz group	Concert	Craft workshop	Italian Social club	Happy hour	Movie night	Mindful meditation

Activity programs are subject to change.