

Weekly Activity Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early morning session 1	Gentle Exercise	Rosary	Hymn singing	Sensory activities	Catholic mass	Rosary	Catholic mass
Early morning session 2	Puzzles	Seated exercises	Holy Communion	Choir	Seated exercises	Coffee club	Card games
	Morning tea	Morning tea	Morning tea	Morning tea	Morning tea	Morning tea	Morning tea
Late morning session 1	Art and music	Allied health exercise group	Bus outing	Allied health exercise group	Gardening group	Bingo	Gentle exercises
Late morning session 2	Music Melodies	Coffee club	Floor games	Coffee club	Quiz group	Men's group	Puzzles
	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Afternoon session 1	Gardening group	BBQ	Men's group	Bingo	Table games	Art and music	Sing-a-long
Afternoon session 2	Bingo	Life stories	Quiz shows	Sing-a-long	Happy hour	Movie night	Bingo

Activity programs are subject to change.