

Weekly Activity Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early morning session 1	Coffee club	Pet therapy	Pastoral visits	Seated exercises	Seated exercises	Room visits	Rosary
Early morning session 2	Word games	Board games	Coffee club	Hairdressing	Word games	Ecumenical service	Arts and crafts
	Morning tea	Morning tea	Morning tea	Morning tea	Morning tea	Morning tea	Morning tea
Late morning session 1	Rosary	Arts and crafts	Gentle exercises	Guided meditation	Coffee club	Hand pampers	Gentle exercises
Late morning session 2	Gentle exercises	Bingo	Guided meditation	Arts and crafts	Cooking demonstration	Bingo	Board games
	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Afternoon session 1	Arts and crafts	Room visits	Word games	Board games	Pastoral visits	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.