

# Weekly Activity Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Early morning session 1</b>	Exercise and meditation	Rosary	Walking group	Rosary	Exercise and meditation	Mass online	Exercise and meditation
<b>Early morning session 2</b>	Singing group	Carpet bowls	Room visits	Pet visits	Men's coffee group	Gentle exercises	Rosary
	<b>Morning tea</b>	<b>Morning tea</b>	<b>Morning tea</b>	<b>Morning tea</b>	<b>Morning tea</b>	<b>Morning tea</b>	<b>Morning tea</b>
<b>Late morning session 1</b>	Room visits	Bus trip	Exercise and meditation	Arts and crafts	Knitting group	Bingo	Gentle exercises
<b>Late morning session 2</b>	Music in the chapel	Men's coffee group	Singing group	Bingo	Hymn singing	Walking group	Bingo
	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
<b>Afternoon session 1</b>	Walking group	Baking at Star Cafe	Bus trip	Baking at Star Cafe	Carpet bowls	Music in the chapel	Arts and crafts
<b>Afternoon session 2</b>	Bingo	Arts and crafts	Music in the chapel	Movie night	Happy hour	Singing group	Knitting group

Activity programs are subject to change.