

Weekly Activity Calendar



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

Activity programs are subject to change.