

Weekly Activity Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early morning session 1	Card games	Walking group	Garden walks	Strength and balance exercises	Sing-a-long	Card games	Gentle exercises
Early morning session 2	Bocce	Pampering	Room visits	Busy hands	Room visits	Bocce	Newspaper reading
	Morning tea	Morning tea	Morning tea	Morning tea	Morning tea	Morning tea	Morning tea
Late morning session 1	Gentle exercises	Cooking club	Active games	Mass	Bus trip	Men's group	Bingo
Late morning session 2	Word games	Puppet therapy	Italian coffee club	Pampering	Garden program	Coffee club	Sing-a-long
	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Afternoon session 1	Movie matinee	Coffee club	Bingo	Walking group	Cooking club	Word games	Conversation group
Afternoon session 2	Arts and crafts	Quiz	Men's group	Trivia	Happy hour	Movie night	Arts and crafts

Activity programs are subject to change.