

# Weekly Activity Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Early morning session 1</b>	Word games	Bus trips	Tai Chi exercise	Holy Communion	Thai Chi exercises	Garden walks	Coffee club
<b>Early morning session 2</b>	Walking group	Coffee club	Word games	Balance exercises	Rosary	Gentle exercises	Table-top games
	<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>	Wellness with weights	Chair yoga	Carpet bowls	Busy Bee group	Sing-a-long	Lolly trolley	Chair yoga
<b>Late morning session 2</b>	Pastoral care visits	Card games	Flower arranging	Men's group	Pastoral care visits	Bingo	Walking group
	<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>	Ecumenical service	Men's group	Short stories	Bingo	Mobile library	Card games	Bingo
<b>Afternoon session 2</b>	Mandala colouring	Hand massages	Happy hour	Rummikub	Nails and manicures	Happy hour	Movie night

Activity programs are subject to change.