

Weekly Activity Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Morning Session 1	Exercises	Walking Group	Exercises	Mass	Walking Group		
Early Morning Session 2	Music	Exercises	Bingo	Exercises	Mass	Exercises	Mass
10:00am	Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea
Late Morning Session 1	Walking Group	Gardening Group	Walking Group	Walking Group	Exercises	Mass	Games
Late Morning Session 2	Rosary	Hymn Singing	Dance Therapy	Ladies' Group / Men's Group	Cinema Experience	Music Appreciation	Family Visits
12:30pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Afternoon Session 1	Bingo	Relaxation	Bus Outing	Relaxation	Rosemarie's Kiosk		
Afternoon Session 2	Arts & Crafts	Happy Hour	Relaxation	Happy Hour	Bingo		

Activity programs are subject to change.