

# Weekly Activity Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Early Morning Session 1</b>	Walk & Talk	Physio Exercises	News & Views	Physio Exercises	Walk & Talk	Nail Care & Hand Pampering	Walk & Talk
<b>Early Morning Session 2</b>	Physio Exercises	Walk & Talk	Physio Exercises	Walk & Talk	Puppet Therapy	News & Views	Mass in Chapel
<b>10:00am</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>Morning Tea</b>
<b>Late Morning Session 1</b>	Word Games	Bean Bag Toss	Housekeeping	Prayer Service	Flower Arranging	Sit and Get Fit	Movie Matinee
<b>Late Morning Session 2</b>	Cooking Club	Meditation	Mass	Coffee Club	Exercise Group	Music	Table Games
<b>12:30pm</b>	<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>	Karaoke	Food Focus	Bus Outing	Sing-A-Long	Table Games	Movie Matinee	Puzzles
<b>Afternoon Session 2</b>	Art in Action	Sensory Group	Pet Therapy	Table Games	Happy Hour	Pet Visit	Happy Hour

Activity programs are subject to change.