

WEEKLY ACTIVITIES CALENDAR

Monday 2 March	Tuesday 3 March	Wednesday 4 March	Thursday 5 March	Friday 6 March	Saturday 7 March	Sunday 8 March
9.30am Mass	9.30am Mass	9.30am Mass	9.30am Mass	9.30am Mass	9.30am Mass	9.30am Mass
Garden morning tea on all levels	Cooking with Tina theme day	Hairdresser Levels 1 and 3 Until 1pm	Hairdresser Levels 1 and 3 Until 1pm	1:1 resident Favourite activity	Beauty therapy until 12pm	Family visits and outings , walks , talks
10.30am	10am	10am	10am	10.30am	10am	10am
Musical therapy with Grace in Eleanora	Bus trip with Jenny	Bus trip with Jenny	Courtyard craft	Reminisce with memory cards	Balloon Tennis	Question Balls
11am	11am	11am	11am	11am	10.50 am	10.30
Gentle exercise group	Armchair mindfulness with Rachel	Physio fun and fun games for strength	Armchair Yoga and breathing exercises	Physio sport with Rob	BINGO Bingo	Garden Activity
2pm	2pm	2pm	2.20pm	2.30pm -3.30pm	2pm-4pm	2pm-4pm
Dementia specific Bus trip	Afternoon scenic bus trip	Afternoon scenic bus trip	Resident Meeting / classical concert	Concert	Big Screen weekend MovieThriller	Big Screen weekend Movie Comedy
2.30pm	2.30pm	3pm	3.40pm	3pm – 4pm	3pm	3pm
Board Games & Scrabble comp	Armchair travel to <u>JAPAN</u>	Wellness Centre Choir with Rob	I.T Learning Group/ or quiz	<i>Happy Hour</i> <i>Bridge Club L4</i>	Word searches / Documentary	Craft / Clay modelling