

# WEEKLY ACTIVITIES CALENDAR

| Monday<br>2 March                              | Tuesday<br>3 March                               | Wednesday<br>4 March                      | Thursday<br>5 March                      | Friday<br>6 March                         | Saturday<br>7 March                       | Sunday<br>8 March                |
|--|--|---|--|---|---|----------------------------------|
| <b>10:00 am</b><br>Exercise with Rachael       | <b>10:00 am</b><br>Exercise with Rachael         | <b>10:00 am</b><br>Exercise with Rachael  | <b>10:00 am</b><br>Exercise with Rachael | <b>10:00 am</b><br>Exercise with Marie    | <b>10:00 am</b><br>Exercise with Marie    | <b>10:00 am</b><br>Mass          |
| <b>11:00 am</b><br>Trivia with Manjula         | <b>11:00 am</b><br>Colouring & Art<br>Card Games | <b>9:30 am</b><br>Coffee Club with Trivia | <b>9:30 am</b><br>Colouring Activity     | <b>9:30 am</b><br>Coffee Club with Trivia | <b>9:30 am</b><br>Coffee Club with Trivia | <b>9:00 am</b><br>TV/Reflections |
| <b>2:00 pm</b><br>Bingo                        | <b>2:00 pm</b><br>Hands & Nails Beauty<br>Care   | <b>2:00 pm</b><br>Movie Time              | <b>2:00 pm</b><br>Scenery Bus Trip       | <b>2:00 pm</b><br>Singing Entertainment   | <b>2:00 pm</b><br>Movie Time              | <b>2:00 pm</b><br>Scrabble       |
| <b>12:45 pm</b><br>Guitar playing &<br>Singing | <b>3:00 pm</b><br>Afternoon Tea                  | <b>4:00 pm</b><br>Afternoon Mass          | <b>12:45 pm</b><br>Colouring Activity    | <b>10:30 am</b><br>Trivia with Coffee     | <b>12:45 pm</b>                           | <b>1:30 pm</b>                   |
| <b>3:00 pm</b><br>Afternoon Tea                | <b>3:15 pm</b>                                   | <b>1:30 pm</b>                            | <b>3:00 pm</b><br>Afternoon Tea          | <b>3:00 pm</b><br>Afternoon Tea           | <b>3:00 pm</b><br>Afternoon Tea           | <b>3:00 pm</b><br>Afternoon Tea  |