

WEEKLY ACTIVITIES CALENDAR

Monday 2 March	Tuesday 3 March	Wednesday 4 March	Thursday 5 March	Friday 6 March	Saturday 7 March	Sunday 8 March
9:00 am Standing/ Balance with Physio	9:00 am Seated Exercises with Physio	9:00 am Crosswords	9:00 am Reflections on the Psalms	9:00 am	9:00 am Good Morning Stretches	9:00 am
9:30 am Painting Class	9:30 am Painting Class	9:30 am Table Bowls	9:30 am Individual visits all day & Facetime	9:30 am Table Bowls	9:30 am	9:00 am
10:30 am BINGO	10:30 am Table Bowls	10:30 am Art Class	10:30 am Chair dance exercises	10:00 am Dice Game	10:30 am Card Bingo	10:30 am Circle of Friends
12:45 pm The Robe Film : Armagh Media Room	1:30 pm BINGO	1:00 pm Mandala Art	12:45 pm Garden walk and coffee	10:30 am Rock & Roll Dance & Music Bingo	12:45 pm Games	1:30 pm
2:30 pm Food Focus Meeting	3:15 pm Residents and Family Meeting	1:30 pm Crochet/Knit Group	2:30 pm Carpet Bowls	1:30 pm Happy Hour	12:30 pm	1:00 pm