

# WEEKLY ACTIVITIES CALENDAR

Monday 2 March	Tuesday 3 March	Wednesday 4 March	Thursday 5 March	Friday 6 March	Saturday 7 March	Sunday 8 March
<b>9:00 am</b> Exercise with Jenny	<b>9:00 am</b> Sensory Garden	<b>9:00 am</b> Sing along with Jenny	<b>9:00 am</b> Exercises with Naomi	<b>9:00 am</b> Sensory Garden	<b>9:00 am</b> Irish Sing along Songs	<b>9:00 am</b>
<b>9:30 am</b> Morning Walk	<b>9:30 am</b> Morning Walk	<b>9:30 am</b> Morning Walk	<b>9:30 am</b> Morning Walk	<b>9:30 am</b> Morning Walk	<b>10:00 am</b> Newspapers & ABC Morning news	<b>9:00 am</b>
<b>10:30 am</b> Exercises with Jenny	<b>10:30 am</b> Coffee Club	<b>10:30 am</b> Sing along with Jenny	<b>10:30 am</b>	<b>10:00 am</b> Balloon Tennis Whiteboard Game	<b>10:30 am</b>	<b>10:30 am</b>
<b>11:00 am</b> Mass	<b>11:00 am</b> Mass	<b>11:00 am</b> Mass	<b>11:00 am</b> Mass	<b>11:00 am</b> Mass	<b>11:00 am</b> Mass	<b>11:00 am</b> Mass
<b>1:30 pm</b> Art Classes	<b>3:15 pm</b> Sr Anne's Violin Play & Sing Along with Marg	<b>1:30 pm</b> Gardening activity with Jenny 1:30 pm in Penola Gardens	<b>2:30 pm</b> Coffee Club	<b>1:30 pm</b> Reminiscing *Sorting Colours *Polishing cutlery *folding baby clothes (Family Room)	<b>2:30 pm</b> Sensory activity: What's in the box?	<b>1:00 pm</b> Netflix Sunday
<b>3:30 pm</b> Balloon Tennis	<b>4:00 pm</b> Basketball game	<b>3:30 pm</b> Word Game Challenge 9 Letter Words	<b>4:00 pm</b> Chair Yoga	<b>3:30 pm</b> Mindful Meditation with Aromatherapy	<b>4:30 pm</b> Light Exercise with Naomi	<b>4:00 pm</b> Sit Dance Therapy