



St Paul's Villa

Sample Activities Calendar

Please note that this Activities Calendar is indicative only of the type of activities available at St Paul's Villa and is subject to change. For a copy of the current month's Activities Calendar, please contact the facility directly.

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|--|--|------------------|--|
| Week 1 | | | | | | |
| 9.00am Gentle exercise 9.20am News headlines 10.30am Music quiz 2.00pm Room visits | 9.00am Chapel 9.30am Exercise 10.30am Piano 1.30pm Rosary 2.00pm Pet therapy | 9.00am Tai chi-yumi 9.30am Mass 10.30am Marycrest choir 1.00pm Movie with pop corn 2.00pm Garden club | 9.00am Gentle exercise 9.30am Anointing Mass 10.00am Bus outing/ shopping 12.00pm Men's BBQ 1.30pm Rosary 2.00pm Art | 9.00am Chapel 9.30am Exercise 10.30am Reflection 11.15am Music for the soul 1.00pm Weaving 2.00pm Happy hour | 10.30am Bingo | 10.30am Mass 11.30am Hymns of praise |
| Week 2 | | | | | | |
| 9.00am Gentle exercise 9.20am News headlines 10.30am Mini golf 2.00pm Room visits | 9.00am Chapel 9.30am Exercise 10.30am Piano 1.00pm Resident meeting 1.30pm Rosary 2.00pm Pet therapy | 9.00am Tai chi-yumi 9.30am Mass 10.30am Concert 2.00pm Word building | 9.00am Mass 9.00am Anglican service 9.30am Gentle exercise 10.00am Bus outing 1.30pm Rosary 2.00pm Room visits | 9.00am Chapel 9.30am Exercise 10.30am Reflection 11.15am Music for the soul 1.00pm Weaving 2.00pm Happy hour | 10.30am Bingo | 10.30am Mass 11.30am Hymns of praise |

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|---|--|---|------------------|---|
| Week 3 | | | | | | |
| 9.00am Gentle exercise 9.20am News headlines 10.30am Craft 2.00pm Room visits | 9.00am Chapel 9.30am Exercise 10.30am Piano 1.30am Rosary 2.00pm Discussion group | 9.00am Tai chi-yumi 9.30am Mass 10.30am Concert 2.00pm Walking group | 9.00am Mass 9.30am Gentle exercise 10.00am Bus outing 1.30pm Rosary 2.00pm Room visits | 9.00am Chapel 9.30am Exercise 10.30am Reflection 11.15am Music for the soul 1.00pm Weaving 2.00pm Happy hour | 10.30am Bingo | 10.30am Mass 11.30am Hymns of praise |
| Week 4 | | | | | | |
| 9.00am Gentle exercise 9.20am News headlines 10.30am Music quiz 2.00pm Room visits | 9.00am Chapel 9.30am Exercise 10.30am Piano 1.30am Rosary 2.00pm Room visits Pet therapy | 9.00am Tai chi-yumi 9.30am Mass 10.30am Sing-a-long 2.00pm Cross words | 9.00am Mass 9.00am Anglican service 9.30am Gentle exercise 10.30am Concert 1.30pm Rosary 2.00pm Craft | 9.00am Chapel 9.30am Exercise 10.30am Reflection 11.15am Music for the soul 1.00pm Weaving 2.00pm Happy hour | 10.30am Bingo | 10.30am Mass 11.30am Hymns of praise |

