



SUNNYMEADE PARK AGED CARE COMMUNITY



WEEKLY ACTIVITY PROGRAM

October 2013 / Week 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Morning-tea Bus Trip to Bribie Is.	Church Service Hairdresser	Outdoor Walks Hairdresser Exercises with Physio Aide	Christian Group Pet Therapy (visiting pet)	Hymns of Praise Group Catholic Visitation	TV of choice
Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea
Songs of Praise ABC TV	Floor games Balloon tennis Quoits	Concert (Music by Dennis)	Table-top Games	Quiz / Discussion	Indoor Bowls	Concert on DVD 'Andre Rieu'
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
TV / DVD Movie or TV Sport	Karaoke Sing- a- long	Wood work Group Individual Cares	Memory Games Activity Boxes	Cards & Hoy	Ball Games	TV / DVD Movie or TV Sport
Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea
TV / DVD Movie or TV Sport	Foxtel Movie	Wood work Group Individual Cares	Sorting by colours TV / DVD	Movie	Happy Hour celebrating 'October Fest' All Welcome!	TV / DVD Movie or TV Sport