ST VINCENT'S CARE SERVICES
A SERVICE OF ST VINCENT'S HEALTH AUSTRALIA

Weekly Activity Calendar



Note: This calendar is a sample only. Activities will vary from site to site. Activities may be impacted and change based on other circumstances eg. COVID-19

Monday 2 March	Tuesday 3 March	Wednesday 4 March	Thursday 5 March	Friday 6 March	Saturday 7 March	Sunday 8 March
9:00 am	**9:00 am**	**9:00 am**	**9:00 am**	**9:00 am**	**9:00 am**	**9:00 am**
Morning garden walks and room visits	Morning garden walks and room visits	Morning garden walks and room visits	Morning garden walks and room visits	Morning garden walks and room visits		
9:30 am	**9:30 am**	**9:30 am**	**9:30 am**	**9:30 am**	**9:30 am**	**9:00 am**
Morning Mass Bingo	Morning Mass Memory games	Morning Mass Group music listening	Morning Mass Bingo	Morning Mass	Bus trip	
10:30 am	**10:30 am**	**10:30 am**	**10:30 am**	**10:00 am**	**10:30 am**	**10:30 am**
Walking group Choir practice	Gentle exercises Pet Therapy	Carpet bowls Virtual concert	Adult colouring in Morning hymns	Residents meeting Chair bowling	Bingo	Gentle exercises
12:45 pm	**1:30 pm**	**1:00 pm**	**12:45 pm**	**10:30 am**	**12:45 pm**	**1:30 pm**
Cooking: Design your own pizza	Football tipping Bingo	Word games Balloon Tennis	BBQ lunch Pastoral care visits	Knitting and craft Virtual concert	Afternoon concert and performance	Reminiscing time
2:30 pm	**3:15 pm**	**1:30 pm**	**2:30 pm**	**1:30 pm**	**12:30 pm**	**1:00 pm**
Afternoon movies Classic songs sing along	Armchair travel to Europe	Pamper care with tea tasting Bible study	Chair soccer Arts and craft	Celebrating resident's birthday	Cats and dogs visit (pet therapy)	Music therapy
3:30 pm	**4:00 pm**	**3:30 pm**	**4:00 pm**	**3:30 pm**	**4:30 pm**	**4:00 pm**
Social and emotional individual support visits Meditation in chapel	Social and emotional individual support visits Meditation in chapel	Social and emotional individual support visits Meditation in chapel	Social and emotional individual support visits Meditation in chapel	Social and emotional individual support visits Meditation in chapel		