

SAMPLE WEEKLY ACTIVITIES



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>10.30 Carpet Bowls</p> <p>1.30 Exercise Group</p> <p>2pm Knitting Group</p> <p>2.30 Exercise Group</p> <p>3pm Armchair travel - China (Chinese New Year)</p>	<p>10am Pampering</p> <p>10.30 Trivia on the sound of music</p> <p>11am Residents Meeting</p> <p>1pm - 2pm Library Open</p> <p>2pm Cooking Dog Biscuits ready for the Therapy Dog Visits</p> <p>3pm Ice Cream Cart/Shopping trolley round</p>	<p>9.30 Pampering</p> <p>10am Trivia on the sound of music</p> <p>10am Walking Group</p> <p>10.30 Pampering</p> <p>2pm Happy Hour with Johnny</p> <p>3pm Ice Cream Cart/Shopping trolley round</p>	<p>Departing 10am Bus Drive for a Picnic Lunch - \$7.50 Entry</p> <p>10.30 Pampering</p> <p>1pm - 2pm Library Open</p> <p>1.30 Therapy Paws Visit</p> <p>2pm Geoff on the Piano</p> <p>2.30 Chinese New Year Craft - Fire Crackers</p> <p>3pm Ice Cream Cart /Shopping trolley round</p>	<p>9.30 Communion Visits</p> <p>10am Trivia on the sound of music</p> <p>1.30 Trivia on the sound of music</p> <p>2pm Walking Group</p> <p>3pm Ice Cream Cart/Shopping trolley round</p>	<p>9.30 - 10.10am Ten Pin Bowling</p> <p>10.10am - 10.40 Ten Pin Bowling</p> <p>10.40 - 11.20am Ten Pin Bowling</p> <p>11.20am - 12.00 Ten Pin Bowling</p> <p>1.30 Bingo</p>	<p>1pm - 2pm Library Open</p>



Note: activities vary within each facility. Activities can be arranged to meet individual resident needs.