

## Special Care – myRyman Life

The following activities are available in the mornings with the care companions on an ad hoc basis

- Active recreation – croquet, bowls, pentaque, mini golf
- Reading and poetry
- Knitting, embroidery, crochet
- Cards, board games, puzzles, quizzes, bingo/housie
- Gardening
- Music appreciation
- Walking group
- Resident choir
- Reminiscing discussion
- Activities of daily living – making soups, baking, laundry, dishes
- Craft activities – making cards, adult colouring, painting

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

### Saturday

### Sunday

**1** \*  
1.30pm News & Views  
2.30pm April Fool's Day  
3.30pm Easter Monday discussion  
6.00pm Cluster activities

**2**  
1.30pm News & Views  
2.30pm Outdoor walk  
3.00pm Sensational Senses  
4.00pm Triple A  
6.00pm Cluster activities

**3** \*  
1.30pm News & Views  
2.00pm Van outing - east  
2.30pm Mind Benders  
3.30pm Musical engagement  
4.00pm Triple A

**4**  
1.30pm News & Views  
2.00pm Happy Hour with Phil  
3.30pm Discussion group  
4.00pm Triple A  
6.00pm Cluster activities

**5** \*  
1.30pm News & Views  
2.00pm Van outing - west  
2.30pm Mind Benders  
3.30pm Active Games  
6.00pm Cluster activities

**6**  
1.30pm News & Views  
2.30pm Film viewing  
3.30pm Memory Lane  
4.00pm Triple A  
6.00pm Cluster activities

**7** \*  
1.30pm News & Views  
2.30pm Outdoor walk  
3.00pm Men's Club - impromptu activity  
3.30pm Musical engagement

**8**  
1.30pm News & Views  
2.30pm Housie  
3.30pm Memory Lane  
4.00pm Triple A  
6.00pm Cluster activities

**9**  
1.30pm News & Views  
2.30pm Outdoor walk  
3.00pm Sensational Senses  
4.00pm Triple A  
6.00pm Cluster activities

**10** \*  
1.30pm News & Views  
2.00pm Van outing - east  
2.30pm Mind Benders  
3.30pm Musical engagement  
4.00pm Triple A

**11**  
1.30pm News & Views  
2.00pm Happy Hour with Chris  
3.30pm Discussion group  
4.00pm Triple A  
6.00pm Cluster activities

**12** \*  
1.30pm News & Views  
2.00pm Van outing - west  
2.30pm Mind Benders  
3.30pm Active Games  
6.00pm Cluster activities

**13**  
1.30pm News & Views  
2.30pm Film viewing  
3.30pm Memory Lane  
4.00pm Triple A  
6.00pm Cluster activities

**14** \*  
1.30pm News & Views  
2.30pm Outdoor walk  
3.00pm Men's Club - impromptu activity  
3.30pm Musical engagement

**15**  
1.30pm News & Views  
2.30pm Housie  
3.30pm Memory Lane  
4.00pm Triple A  
6.00pm Cluster activities

**16**  
1.30pm News & Views  
2.30pm Mind Benders  
2.30pm Outdoor walk  
4.00pm Triple A  
6.00pm Cluster activities

**17** \*  
1.30pm News & Views  
2.00pm Van outing - east  
2.30pm Sensational Senses  
3.30pm Musical engagement  
4.00pm Triple A

**18**  
1.30pm News & Views  
2.00pm Happy Hour with Kzee  
3.30pm Discussion group  
4.00pm Triple A  
6.00pm Cluster activities

**19** \*  
1.30pm News & Views  
2.00pm Van outing - west  
2.30pm Mind Benders  
3.30pm Active Games  
6.00pm CU Got Talent

**20**  
1.30pm News & Views  
2.30pm Film viewing  
3.30pm Memory Lane  
4.00pm Triple A  
6.00pm Cluster activities

**21**  
1.30pm News & Views  
2.30pm Outdoor walk  
3.30pm Musical engagement  
4.00pm Triple A  
6.00pm Cluster activities

**22**  
1.30pm News & Views  
2.30pm Housie  
3.30pm Memory Lane  
4.00pm Triple A  
6.00pm Cluster activities

**23**  
1.30pm News & Views  
2.30pm Mind Benders  
2.30pm Outdoor walk  
4.00pm Triple A  
6.00pm Cluster activities

**24** \*  
1.30pm News & Views  
2.00pm Van outing - east  
2.30pm Sensational Senses  
3.30pm Musical engagement  
4.00pm Triple A

**25** Anzac Day  
1.30pm News & Views  
2.00pm Happy Hour with Chris  
3.30pm Anzac Day discussion  
4.00pm Triple A  
6.00pm Cluster activities

**26** \*  
1.30pm News & Views  
2.00pm Van outing - west  
2.30pm Mind Benders  
3.30pm Active Games  
6.00pm Cluster activities

**27**  
1.30pm News & Views  
2.30pm Film viewing  
3.30pm Memory Lane  
4.00pm Triple A  
6.00pm Cluster activities

**28** \*  
1.30pm News & Views  
2.30pm Outdoor walk  
3.00pm Men's Club - impromptu activity  
3.30pm Musical engagement

**29**  
1.30pm News & Views  
2.30pm Housie  
3.30pm Memory Lane  
4.00pm Triple A  
6.00pm Cluster activities

**30**  
1.30pm News & Views  
2.30pm Mind Benders  
3.30pm Sensational Senses  
4.00pm Triple A  
6.00pm Cluster activities

\*  
4.00pm Monday I  
Triple A  
  
6.00pm Every Wednesday  
Cluster activities

\*  
4.00pm Every Friday  
Triple A

\*  
4.00pm Every Sunday  
Triple A  
6.00pm Cluster activities