

## 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 Walking group  
2.00pm Reminiscing  
3.00pm Adult colouring  
4.00pm Triple A  
6.00pm Engaging activities

**2**  
1.30pm Walking group  
2.00pm Choir  
3.00pm Happy Hour  
4.00pm Triple A  
6.00pm Engaging activities

**3**  
1.30pm Walking group  
2.00pm Make & bake  
3.00pm Mind Benders  
4.00pm Triple A  
6.00pm Engaging activities

**4**  
1.30pm Van outing  
2.00pm Men's Club  
3.00pm Active Games  
4.00pm Triple A  
6.00pm Engaging activities

**5**  
1.30pm Walking group  
2.00pm Shop open  
3.00pm Sensational Senses  
4.00pm Triple A  
6.00pm Engaging activities

**6**  
1.30pm Walking group  
2.00pm Housie  
3.00pm Active Games  
4.00pm Triple A  
6.00pm Engaging activities

**7**  
1.30pm Walking group  
2.00pm Sensational Senses  
3.00pm Active Games  
4.00pm Triple A  
6.00pm Engaging activities

**8**  
1.30pm Walking group  
2.00pm Reminiscing  
3.00pm Adult colouring  
4.00pm Triple A  
6.00pm Engaging activities

**9**  
1.30pm Walking group  
2.00pm Choir  
3.00pm Happy Hour  
4.00pm Triple A  
6.00pm Engaging activities

**10**  
1.30pm Walking group  
2.00pm Make & bake  
3.00pm Mind Benders  
4.00pm Triple A  
6.00pm Engaging activities

**11**  
1.30pm Van outing  
2.00pm Men's Club  
3.00pm Active Games  
4.00pm Triple A  
6.00pm Engaging activities

**12**  
1.30pm Walking group  
2.00pm Shop open  
3.00pm Sensational Senses  
4.00pm Triple A  
6.00pm Engaging activities

**13**  
1.30pm Walking group  
2.00pm Housie  
3.00pm Active Games  
4.00pm Triple A  
6.00pm Engaging activities

**14**  
1.30pm Walking group  
2.00pm Sensational Senses  
3.00pm Active Games  
4.00pm Triple A  
6.00pm Engaging activities

**15**  
1.30pm Walking group  
2.00pm Reminiscing  
3.00pm Adult colouring  
4.00pm Triple A  
6.00pm Engaging activities

**16**  
1.30pm Walking group  
2.00pm Choir  
3.00pm Happy Hour  
4.00pm Triple A  
6.00pm Engaging activities

**17**  
1.30pm Walking group  
2.00pm Make & bake  
3.00pm Mind Benders  
4.00pm Triple A  
6.00pm Engaging activities

**18**  
1.30pm Van outing  
2.00pm Men's Club  
3.00pm Active Games  
4.00pm Triple A  
6.00pm Engaging activities

**19**  
1.30pm Walking group  
2.00pm Shop open  
3.00pm Sensational Senses  
4.00pm Triple A  
6.00pm Engaging activities

**20**  
1.30pm Walking group  
2.00pm Housie  
3.00pm Active Games  
4.00pm Triple A  
6.00pm Engaging activities

**21**  
1.30pm Walking group  
2.00pm Sensational Senses  
3.00pm Active Games  
4.00pm Triple A  
6.00pm Engaging activities

**22**  
1.30pm Walking group  
2.00pm Reminiscing  
3.00pm Adult colouring  
4.00pm Triple A  
6.00pm Engaging activities

**23**  
1.30pm Walking group  
2.00pm Choir  
3.00pm Happy Hour  
4.00pm Triple A  
6.00pm Engaging activities

**24**  
1.30pm Walking group  
2.00pm Make & bake  
3.00pm Mind Benders  
4.00pm Triple A  
6.00pm Engaging activities

**25**  
1.30pm Van outing  
2.00pm Men's Club  
3.00pm Active Games  
4.00pm Triple A  
6.00pm Engaging activities

**26**  
1.30pm Walking group  
2.00pm Shop open  
3.00pm Sensational Senses  
4.00pm Triple A  
6.00pm Engaging activities

**27**  
1.30pm Walking group  
2.00pm Housie  
3.00pm Active Games  
4.00pm Triple A  
6.00pm Engaging activities

**28**  
1.30pm Walking group  
2.00pm Sensational Senses  
3.00pm Active Games  
4.00pm Triple A  
6.00pm Engaging activities

**29**  
1.30pm Walking group  
2.00pm Reminiscing  
3.00pm Adult colouring  
4.00pm Triple A  
6.00pm Engaging activities

**30**  
1.30pm Walking group  
2.00pm Choir  
3.00pm Happy Hour  
4.00pm Triple A  
6.00pm Engaging activities

\* **Every Day**  
10.15am News & Views  
10.45am Triple A  
11.15am Active Games