



RYMAN

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

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1.30pm	Walking group
2.00pm	Reminiscing
3.00pm	Adult colouring
4.00pm	Triple A
6.00pm	Engaging activitie

1.30pm	Walking group
2.00pm	Choir
3.00pm	Happy Hour
4.00pm	Triple A
6.00pm	Engaging activities
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1.30pm	Walking group
2.00pm	Make & bake
3.00pm	Mind Benders
4.00pm	Triple A
6.00pm	Engaging activities
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1.30pm	Van outing
2.00pm	Men's Club
3.00pm	Active Games
4.00pm	Triple A
6.00pm	Engaging activities

1.30pm	Walking group
2.00pm	Shop open
3.00pm	Sensational Senses
4.00pm	Triple A
6.00pm	Engaging activities
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	2.00pm	Housie
	3.00pm	Active Games
	4.00pm	Triple A
	6.00pm	Engaging activitie
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1.30pm Walking group

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Van outing

Men's Club

Triple A

Active Games

Engaging activities

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2.00pm

3.00pm

4.00pm

6.00pm

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3.00pm 4.00pm 6.00pm	Choir Happy Hour Triple A Engaging activities
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Choir Happy Hour

Triple A

Walking group

Engaging activities

1.30pm

2.00pm

3.00pm 4.00pm

6.00pm

3.00pm 4.00pm 6.00pm	Mind Benders Triple A Engaging activities
* 10.15am 10.45am 11.15am	Every Day News & Views Triple A Active Games

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