

Resthome

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Blank activity box for Monday.

Blank activity box for Tuesday.

1
10.30am News
11.00am Triple A exercise
1.30pm Make & Create
4.00pm Music time

2
10.30am News
11.00am Word games
1.30pm Memory Lane
3.00pm Happy Hour with Gem

3
10.00am Line dancing in activity room
11.00am Triple A exercise
1.30pm Village walk
3.00pm Card bingo

4
10.00am Rummikub in back lounge of RH
2.00pm Movie in cinema

5
10.00am Communion in back lounge of RH
2.00pm Movie in cinema

6
10.30am News
11.00am Triple A exercise
1.30pm Weekly quiz
2.30pm Bowls competition

7
10.30am News
11.00am Bingo
1.30pm Out & About - in van
2.00pm Table games

8
10.30am News
11.00am Triple A exercise
1.30pm Make & Create
2.00pm Men's Club
4.00pm Music time

9
10.30am News
11.00am Word games
1.30pm Memory Lane
3.00pm Happy Hour with Alison Hale

10
10.00am Line dancing in activity room
10.30am News
11.00am Triple A exercise
1.30pm Active Games
3.00pm Card bingo

11
10.00am Rummikub in back lounge of RH
2.00pm Movie in cinema

12
10.00am Communion in back lounge of RH
2.00pm Movie in cinema

13
10.30am Singing group in SA lounge
11.00am Triple A exercise
1.30pm Weekly quiz
2.30pm Bowls competition

14
10.30am News
11.00am Bingo
1.30pm Out & About - in van
2.00pm Table games

15
10.30am News
11.00am Triple A exercise
1.30pm Make & Create
4.00pm Music time

16
10.30am News
11.00am Word games
1.30pm Memory Lane
3.00pm Happy Hour with Ron

17
10.00am Line dancing in activity room
10.30am News
11.00am Triple A exercise
1.30pm Active Games
3.00pm Card bingo

18
10.00am Rummikub in back lounge of RH
2.00pm Movie in cinema

19
10.00am Communion in back lounge of RH
2.00pm Movie in cinema

20
10.30am News
11.00am Triple A exercise
1.30pm Weekly quiz
2.30pm Bowls competition

21
10.30am News
11.00am Bingo
1.30pm Out & About - in van
2.00pm Table games

22
10.30am News
11.00am Triple A exercise
1.30pm Make & Create
2.00pm Men's Club
4.00pm Music time

23
10.30am News
11.00am Word games
1.30pm Memory Lane
3.00pm Happy Hour with Peter Galvin

24
10.00am Line dancing in activity room
10.30am News
11.00am Triple A exercise
1.30pm Active Games
3.00pm Card bingo

25
10.00am Rummikub in back lounge of RH
2.00pm Movie in cinema

26
10.00am Communion in back lounge of RH
2.00pm Movie in cinema

27
10.30am Singing group in SA lounge
11.00am Triple A exercise
1.30pm Weekly quiz
2.30pm Bowls competition

28
10.30am News
11.00am Bingo
1.30pm Out & About - in van
2.00pm Table games

29
10.30am News
11.00am Triple A exercise
1.30pm Make & Create
4.00pm Music time

30
10.30am News
11.00am Word games
1.30pm Memory Lane
3.00pm Happy Hour with Marion & Bernie

31
10.00am Line dancing in activity room
10.30am News
11.00am Triple A exercise
1.30pm Active Games
3.00pm Card bingo

Blank activity box for Saturday.

Blank activity box for Sunday.