

## 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

<b>1</b> Easter Monday 1.30pm Chair yoga 2.00pm Walking group 3.00pm Newspaper reading 3.30pm Triple A 4.00pm Active Games	<b>2</b> * 1.30pm Calendar reading 2.00pm Sing-along 2.30pm Breathing exercises 3.00pm Newspaper reading 3.30pm Triple A	<b>3</b> * 2.00pm Memory Lane 2.30pm Mind Benders 3.00pm Newspaper reading 3.30pm Triple A 4.00pm Musical Moments	<b>4</b> 1.30pm Sing-along 2.00pm Make & Create 3.00pm Mind Benders 3.30pm Triple A 4.00pm Newspaper reading	<b>5</b> 2.00pm Happy Hour with entertainment 3.00pm Newspaper reading 3.30pm Triple A 4.00pm Classical music club	<b>6</b> * 1.30pm Newspaper 2.00pm Fall prevention crosswords 2.30pm Anzac Day colour 3.00pm Soap making club	<b>7</b> * 1.30pm Sing-along 2.00pm Sensational Senses 2.30pm Memory Lane 3.00pm Newspaper reading 3.30pm Triple A
<b>8</b> 1.30pm Van outing 1.30pm Walking group 3.00pm Newspaper reading 3.30pm Triple A 4.00pm Guided meditation	<b>9</b> 2.00pm Happy Hour with entertainment 3.00pm Newspaper reading 3.30pm Triple A 4.00pm Classical music club	<b>10</b> * 2.00pm BBC archives 2.30pm Fall prevention colour 3.00pm Newspaper reading 3.30pm Triple A 4.00pm Wartime songs	<b>11</b> 1.30pm Sing-along 2.00pm Poppy making 3.00pm Newspaper reading 3.30pm Triple A 4.00pm Aromatherapy	<b>12</b> 1.30pm Van outing 1.30pm Movie club 3.00pm Newspaper reading 3.30pm Triple A 4.00pm Decades discussion	<b>13</b> * 1.30pm Newspaper 2.00pm Anzac bingo 2.30pm Fall prevention colouring 3.00pm Soap making club	<b>14</b> * 1.30pm Sing-along 2.00pm Sensational Senses 2.30pm Memory Lane 3.00pm Newspaper reading 3.30pm Triple A
<b>15</b> 1.30pm Van outing 1.30pm Walking group 3.00pm Newspaper group 3.30pm Triple A 4.00pm Guided meditation	<b>16</b> 2.00pm Happy Hour with entertainment 3.00pm Newspaper reading 3.30pm Triple A 4.00pm Classical music club	<b>17</b> * 2.00pm Anzac Day trivia 2.30pm Flower pressing 3.00pm Newspaper reading 3.30pm Triple A 4.00pm Wartime songs	<b>18</b> 1.30pm Sing-along 2.00pm Anzac cookies 3.00pm Newspaper reading 3.30pm Triple A 4.00pm Aromatherapy	<b>19</b> 1.30pm Van outing 1.30pm Movie club 3.00pm Newspaper reading 3.30pm Triple A 4.00pm Decades discussion	<b>20</b> * 1.30pm Newspaper 2.00pm Finish that crime 2.30pm Egg carton poppies 3.00pm Soap making club	<b>21</b> * 1.30pm Sing-along 2.00pm Sensational Senses 2.30pm Memory Lane 3.00pm Newspaper reading 3.30pm Triple A
<b>22</b> 1.30pm Van outing 1.30pm Walking group 3.00pm Newspaper reading 3.30pm Triple A 4.00pm Guided meditation	<b>23</b> 2.00pm Happy Hour with entertainment 3.00pm Newspaper reading 3.30pm Triple A 4.00pm Classical music club	<b>24</b> * 2.00pm Anzac Day discussion 2.30pm Anzac Day quiz 3.00pm Newspaper reading 3.30pm Triple A 4.00pm Wartime songs	<b>25</b> * 1.30pm Sing-along 2.00pm Anzac Day remembrance 3.00pm Newspaper reading 3.30pm Triple A	<b>26</b> 1.30pm Van outing 1.30pm Movie club 3.00pm Newspaper reading 3.30pm Triple A 4.00pm Decades discussion	<b>27</b> * 1.30pm Newspaper 2.00pm Dot to dot 2.30pm Mother's Day colouring 3.00pm Soap making club	<b>28</b> * 1.30pm Sing-along 2.00pm Sensational Senses 2.30pm Memory Lane 3.00pm Newspaper reading 3.30pm Triple A
<b>29</b> 1.30pm Van outing 1.30pm Walking group 3.00pm Newspaper reading 3.30pm Triple A 4.00pm Guided meditation	<b>30</b> 2.00pm Happy Hour with entertainment 3.00pm Newspaper reading 3.30pm Triple A 4.00pm Classical music club	* 4.00pm <u>Tuesday 2</u> Classical music club <u>Every Wednesday</u> 1.30pm Active Games	* 4.00pm <u>Thursday 25</u> Aromatherapy		* 3.30pm <u>Every Saturday</u> Triple A 4.00pm Relax & unwind	* 4.00pm <u>Every Sunday</u> Guided meditation