

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	11:30 Fitness Fun 1 2:30 Music & Social 3:15 One to One Visits 6:00 Java News & Games	10:00 Music Therapy 2 11:15 One to One Visits 2:30 Fitness Fun -Floor Curling 3:15 Baking 6:00 Movie Night	10:15 Fitness Fun 3 11:15 One to One Visits 2:30 Art Therapy 3:15 Coffee Tea & Games	11:30 Fitness Fun 4 2:30 Bean Toss 3:15 One to One Visits 6:00 Games & Puzzles	10:15 Fitness Fun 5 11:15 One to One Visits 2:30 Balloon Badminton 3:15 Coffee, Tea & Else	10:15 Fitness Fun 6 11:15 One to One Visits 2:30 Lounge Social 3:15 Walk About
10:15 Hymn Sing 7 11:15 One to One Visits 2:30 Fitness Fun -Floor Curling 3:15 Coffee Tea &Else 4:00 Music Therapy	11:30 Fitness Fun 8 2:30 Music & Social 3:15 One to One Visits 6:00 Java News & Games	10:00 Music Therapy 9 11:15 One to One Visits 2:30 Fitness Fun -Floor Curling 3:15 Baking 6:00 Movie Night	10:15 Fitness Fun 10 11:15 One to One Visits 2:30 Art Therapy 3:15 Coffee Tea & Games	11:30 Fitness Fun 11 2:30 Busy Hands Hand Massage & Manicures 3:15 One to One Visits 6:00 Games & Puzzles	10:15 Fitness Fun 12 11:15 One to One Visits 2:30 Busy Hands- Coloring 3:15 Coffee, Tea & Else	10:15 Fitness Fun 13 11:15 One to One Visits 2:30 Lounge Social 3:15 Sing-A-Long
10:15 Hymn Sing 14 11:15 One to One Visits 2:30 Fitness Fun -Floor Curling 3:15 Coffee Tea &Else 4:00 Music Therapy	11:30 Fitness Fun 15 2:30 Music & Social 3:15 One to One Visits 6:00 Java News & Games	10:00 Music Therapy 16 11:15 One to One Visits 2:30 Fitness Fun -Floor Curling 3:15 Baking 6:00 Movie Night	10:15 Fitness Fun 17 11:15 One to One Visits 2:30 Art Therapy 3:15 Coffee Tea & Games	11:30 Fitness Fun 18 2:30 Sorting & Matching 3:15 One to One Visits 6:00 Games & Puzzles	10:15 Fitness Fun 19 11:15 One to One Visits 2:30 Manicures & Gentle Care 3:15 Coffee, Tea & Else	10:15 Fitness Fun 20 11:15 One to One Visits 2:30 Lounge Social 3:15 Hand Massages
10:15 Hymn Sing 21 11:15 One to One Visits 2:30 Fitness Fun -Floor Curling 3:15 Coffee Tea &Else 4:00 Music Therapy	11:30 Fitness Fun 22 2:30 Music & Social 3:15 One to One Visits 6:00 Java News & Games	10:00 Music Therapy 23 11:15 One to One Visits 2:30 Fitness Fun -Floor Curling 3:15 Baking 6:00 Movie Night	10:15 Fitness Fun 24 11:15 One to One Visits 2:30 Art Therapy 3:15 Coffee Tea & Games	11:30 Fitness Fun 25 2:30 Busy Hands 3:15 One to One Visits 6:00 Movie Night	10:15 Fitness Fun 26 11:15 One to One Visits 2:30 Afternoon at the Movies 3:15 Coffee, Tea & Else	10:15 Fitness Fun 27 11:15 One to One Visits 2:30 Lounge Social 3:15 Book Reading
10:15 Hymn Sing 28 11:15 One to One Visits 2:30 Fitness Fun -Floor Curling 3:15 Coffee Tea & Else 4:00 Music Therapy	11:30 Fitness Fun 29 2:30 Music & Social 3:15 One to One Visits 6:00 Java News & Games	10:00 Music Therapy 30 11:15 One to One Visits 2:30 Fitness Fun -Floor Curling 3:15 Baking 6:00 Movie Night	10:15 Fitness Fun 31 11:15 One to One Visits 2:30 Art Therapy 3:15 Coffee Tea & Else	West Court – Parkview January 2024 		