

Monthly Activity Schedule - **Sample**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		10.00am - 12.00pm Coffee in the Conservatory 10.00am: Exercises in the Activity Room	9.00am: Catholic Mass in the Chapel 10.00am - 12.00pm Coffee in the Conservatory 2.30pm: Music, hand massage & nails in the Conservatory	9.00am: Catholic Mass in the Chapel 10.00am - 12.00pm Coffee in the Conservatory 2.30pm: Music, hand massage & nails in the Conservatory	4 10.40am: Cuppas over music - Activity Room 2.30pm: Movie - Activity Room	9.00am: Catholic Mass in the Chapel 10.30am: Craft in the Activity Room
10.00am - 12.00pm Coffee in the Conservatory 10.00am: Exercises in the Activity Room 2.30pm: Music Sing along with Lee in Activities Room	7 10.00am - 12.00pm Coffee in the Conservatory 10.00am: Exercises in the Activity Room 2.30pm: Bingo in the Activities Room	8 10.00am - 12.00pm Coffee in the Conservatory 10.00am: Exercises in the Activity Room	9.00am: Catholic Mass in the Chapel 10.00am - 12.00pm Coffee in the Conservatory 2.30pm: Music, hand massage & nails in the Conservatory	9.00am: Catholic Mass in the Chapel 10.00am - 12.00pm Coffee in the Conservatory 2.30pm: Music, hand massage & nails in the Conservatory	11 10.40am: Cuppas over music – Activity Room 2.30pm: Movie – Activity Room	12 9.00am: Catholic Mass in the Chapel 10.30am: Craft in the Activity Room
13 10.00am - 12.00pm Coffee in the Conservatory 10.00am: Exercises in the Activity Room 2.30pm: Music Sing along with Lee in Activities Room	14 10.00am - 12.00pm Coffee in the Conservatory 10.00am: Exercises in the Activity Room 2.30pm: Bingo in the Activities Room	15 10.00am - 12.00pm Coffee in the Conservatory 10.00am: Exercises in the Activity Room	9.00am: Catholic Mass in the Chapel 10.00am - 12.00pm Coffee in the Conservatory 2.30pm: Music, hand massage & nails in the Conservatory	9.00am: Catholic Mass in the Chapel 10.00am - 12.00pm Coffee in the Conservatory 2.30pm: Music, hand massage & nails in the Conservatory	18 10.40am: Cuppas over music - Activity Room 2.30pm: Movie - Activity Room	9.00am: Catholic Mass in the Chapel 10.30am: Craft in the Activity Room
20 10.00am - 12.00pm Coffee in the Conservatory 10.00am: Exercises in the Activity Room 2.30pm: Music Sing along with Lee in Activities Room	21 10.00am - 12.00pm Coffee in the Conservatory 10.00am: Exercises in the Activity Room 2.30pm: Bingo in the Activities Room	22 10.00am - 12.00pm Coffee in the Conservatory 10.00am: Exercises in the Activity Room	9.00am: Catholic Mass in the Chapel 10.00am - 12.00pm Coffee in the Conservatory 2.30pm: Music, hand massage & nails in the Conservatory	24 9.00am: Catholic Mass in the Chapel 10.00am - 12.00pm Coffee in the Conservatory 2.30pm: Music, hand massage & nails in the Conservatory	25 10.40am: Cuppas over music - Activity Room 2.30pm: Movie - Activity Room	26 9.00am: Catholic Mass in the Chapel 10.30am: Craft in the Activity Room
27 10.00am - 12.00pm Coffee in the Conservatory 10.00am: Exercises in the Activity Room 2.30pm: Music Sing along with Lee in Activities Room	28 10.00am - 12.00pm Coffee in the Conservatory 10.00am: Exercises in the Activity Room 2.30pm: Bingo in the Activities Room	29 10.00am - 12.00pm Coffee in the Conservatory 10.00am: Exercises in the Activity Room	30 9.00am: Catholic Mass in the Chapel 10.00am - 12.00pm Coffee in the Conservatory 2.30pm: Music, hand massage & nails in the Conservatory	9.00am: Catholic Mass in the Chapel 10.00am - 12.00pm Coffee in the Conservatory 2.30pm: Music, hand massage & nails in the Conservatory		