

## Rest Home Activities Programme 2022

| Saturday | Sunday                                 | Monday  | Tuesday   | Wednesday                                      | Thursday  | Friday   |
|----------|--|---|---|--|---|--|
|          | Church services as advertised in-house | 9.00 Exercise Class<br>10.15 NEWSPAPER & QUIZ | 9.00 Exercise Class<br>10.15 NEWSPAPER & QUIZ           | 9.00 Armchair Travel<br>10.15 NEWSPAPER & QUIZ | 9.00 Animal Antics<br>10.15 NEWSPAPER & QUIZ      | 9.00 Comedy Show<br>10.15 NEWSPAPER & QUIZ     |
|          |  | 10.40 CROSS WORD                              | 11.00 BALL GAMES  | 10.50 MUSIC & MOVEMENT                         | 10.50 Word Games & Reminiscing                    | 10.40 Live Concert (See Notice) Or Music Video |
|          |  | 1.00 Board Games<br>2.30 <i>Sing along</i>    | 1.00 FERN LOUNGE Poetry Group<br>2.30 <i>Sing along</i> | 1.00 VAN TRIP                                  | 1.00 CRAFT<br>2.00 Chat & Board Games with Ngarie | 1.00 HOUSIE<br><br>3.00 <b>HAPPY HOUR</b>      |

**Programme is subject to change on the day. Please see whiteboard in Lounge**