

TE HOPAI REST HOME REGULAR WEEKLY ACTIVITIES (Jan 2020)

| MONDAY Hairdresser | TUESDAY | WEDNESDAY Hairdresser | THURSDAY | FRIDAY |
|--|---|---|---|---|
| 9.00 Newspaper & Chat | 9.00 Sit Exercises | 9.00 Chat | 9.00 Tai Chi | 9.00 Comedy Show |
| 10.40 Crossword & Quiz | 10.15 NEWSPAPER 10.40 Sing – along Canine Friends | 10.15 Newspaper & Quiz 10.40 Stories & Reminiscing Canine Friends | 10.15 Newspaper 10.40 Ball Games | 10.15 Newspaper 10.40 Entertainment (See Monthly List for details) |
| 1.00 VAN TRIP & Afternoon Tea | 1.30 Fern Lounge Poetry Group 2.30 Cooking | 2.30 Happy Hour | 1.00 Stories and Chat Group 1.00 CRAFT | 1.10 Housie with Amie 3.00 Friday Movie |

An Additional Weekly Activities Programme is available on Hallway Notice Boards and in the Main Lounge. This programme is subject to change