

TE HOPAI REST HOME REGULAR WEEKLY ACTIVITIES

MONDAY Hairdresser	TUESDAY	WEDNESDAY Hairdresser	THURSDAY	FRIDAY
9.00 Newspaper & Chat	9.00 Sit Exercises	9.00 CRAFT	9.00 Tai Chi	9.00 Comedy Show
10.40 Kick Ball Or Cooking	10.15 NEWSPAPER 10.40 Sing – along Canine Friends	10.15 Newspaper & Chat 10.40 Stories & Reminiscing Canine Friends	10.15 Newspaper 10.40 CROSSWORD	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 Quiz	2.00 QUIZ 3.00 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