

Rest Home Activities Programme for 2021

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
TV MOVIE	Religious Services (See Notice or available on TV)	Hairdresser 9.00 Exercise Class 10.15 NEWSPAPER & QUIZ	9.00 Exercise Class 10.15 NEWSPAPER & QUIZ	Hairdresser 9.00 Gentle Music 10.15 NEWSPAPER & QUIZ	9.00 Animal Antics 10.15 NEWSPAPER & QUIZ	9.00 Comedy Show 10.00 Over the Teacups
		10.40 BALL GAMES	11.00 CROSS WORD	11.00 Music & Movement	10.40 Word Games & Reminiscing	10.40 Live Concert (See Notice) Or Music Video
Canine Friends Visit (fortnightly)		1.00 VAN TRIP or 1-1 time 3.00 Sing-along	1.00 FERN LOUNGE Poetry Group 1.30 DECKSTON LOUNGE Sing-along	1.00 VAN TRIP 1.00 1-1 with Amie	1.00 Classic TV 2.45 Sing-along or Music Appreciation	1.00 HOUSIE or CRAFT 3.00 Happy Hour

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