

TE HOPAI REST HOME REGULAR WEEKLY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">9.00 Newspaper & Chat</p>	<p style="text-align: center;">9.00 Newspaper & Chat</p>	<p style="text-align: center;">9.00 Newspaper & Chat</p>	<p style="text-align: center;">9.00 Newspaper & Chat</p>	<p style="text-align: center;">9.00 Newspaper & Chat</p>
<p style="text-align: center;">10.40 Crossword & Quiz</p>	<p style="text-align: center;">10.15 Sing- along</p>	<p style="text-align: center;">10.15 Stories & Reminiscing</p>	<p style="text-align: center;">10.15 Stretch & Exercise</p>	<p style="text-align: center;">10.15 A bit of this and a bit of that</p>
<p style="text-align: center;">1.00 Sing- along</p> <p style="text-align: center;">2.30 Armchair Travel</p>	<p style="text-align: center;">1.30 Fern Lounge Poetry Group</p> <p style="text-align: center;">2.45 BIG QUIZ</p>	<p style="text-align: center;">1.00 Classic TV</p> <p style="text-align: center;">2.15 Happy Hour</p>	<p style="text-align: center;">1.00 Book Club</p> <p style="text-align: center;">3.00 Classical Music</p>	<p style="text-align: center;">1.10 Housie</p> <p style="text-align: center;">3.00 Friday Flick</p>

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