

ACTIVITY PROGRAM

MARCH | LEEDERVILLE | MAGNOLIA



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 9:30 Chair aerobics & balance 10:15 Morning tea 1:30 Movie 	2 9:30 Yoga/Mindfulness 10:15 Morning tea 11:00 Outdoor walks 1:30 Music therapy small groups & One on ones	3 9:30 Chair aerobics 10:15 Morning tea 11:00 Rosewood choir 1:30 Bingo	4	5
6 LABOR'S DAY 9:30 Chair aerobics & balance 10:15 Morning tea 11:00 Quiz 1:30 Art therapy 	7 BUS TRIP 11:00 Catholic Church service (first floor) 1:30 Wax bath therapy	8 9:30 Chair aerobics & balance 10:15 Morning tea 11:00 Anglican Church service (first floor) 1:30 Puzzle & games group: Let's Try...Triominos 2:00 Men's Club	9 9:30 Chair aerobics 10:15 Morning tea 11:00 Outdoor walks 1:30 Music therapy small groups & One on ones	10 9:30 Chair aerobics 10:15 Morning tea 11:00 Craft 1:30 Bingo 	11	12
13 9:30 Chair aerobics & balance 10:15 Morning tea 11:00 Giant word search 1:30 Bingo LIBRARY BOOK COLLECTION	14 9:30 Chair aerobics 10:15 Morning tea 11:00 Quiz 2:30 Orthodox prayer group	15 9:30 Chair aerobics & balance 10:15 Morning tea 11:00 Outdoor walks 1:30 Puzzle & games group: Group Puzzle 2:00 Men's Club	16 9:30 Chair aerobics 10:15 Morning tea 11:00 Outdoor walks 1:30 Music therapy small groups & One on ones	17 ST. PATRICKS' DAY 9:30 Chair aerobics 10:15 Morning tea 11:00 Choir 1:30 Bingo 2:30 Happy hour 	18	19
20 9:30 Chair aerobics & balance 10:15 Morning tea 11:00 Sports club & Outdoor walks 1:30 Bingo	21 HARMONY DAY 9:30 Chair aerobics 10:15 Morning tea 11:00 Outdoor walks 1:30 Wax bath therapy	22  9:30 Chair aerobics 10:15 Morning tea 11:00 Outdoor walks 1:30 Birthday Party with Jay Weston	23 9:30 Chair aerobics 10:15 Morning tea 11:00 Craft 1:30 Bingo	24 9:30 Chair aerobics 10:15 Morning tea 11:00 Craft 1:30 Bingo	25 GREEK INDEPENDENCE DAY	26
27 9:30 Chair aerobics & balance 10:15 Morning tea 11:00 Giant cross word 1:30 Bingo	28 9:30 Chair aerobics 10:15 Morning tea 11:00 Outdoor walks 1:30 Wax bath therapy	29 9:30 Chair aerobics & balance 10:15 Morning tea 11:00 Outdoor walks 1:30 Puzzle & games group 2:00 Men's club	30 9:30 Chair aerobics 10:15 Morning tea 11:00 Outdoor walks 1:30 Music therapy small groups or One on ones	31 PAMPER DAY 9:30 Chair aerobics 10:15 Morning tea 11:00 Pamper sessions: Foot spa & facials 1:30 Pamper sessions: Foot spa & facials		