March 2026

Waterford Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 **9.40am** Chair aerobics **10.20am** Discussion - What's on for this week? **11.00am** Word quiz **2.00pm** Bingo **3.00pm** Dance it out	**31** **9.40am** Chair aerobics **10.20am** Discussion **11.00am** Art and craft **2.00pm** The Elephant Whisperers documentary Social sewing & knitting L4 Busy bees					**1** **10:15am** Resident choice **11:.0am** Song of Praise **2.00pm** Gross motor games **3.20pm** Dance it out **4.30pm** Colouring in Individual visit Walk
2 Labour Day **9.40am** Chair aerobics **10.20am** Discussion - What's on for this week? **11.00am** Word quiz **2.00pm** Bingo **3.00pm** Dance it out	**3** **9.40am** Chair aerobics **10.45am** Christian service L4 **2.00pm** Dolly Parton: A Music Tribute Social sewing & knitting L4 **3.00pm** Busy bees	**4** **9.40am** Chair aerobics **10.20am** Discussion **11.00am** Sing along **2.00pm** Hand pampers **3.00pm** Doll Therapy Individual visit	**5** **9.40am** Chair aerobics **10.20am** Discussion **10.30am** Pizza making **2.00pm** Bowling **3.00pm** Dance it out	**6** **9.40am** Individual visit or walk **10.20am** Discussion **11.00am** Bingo Orthodox service **1.45pm** Friday social L4	**7** **10:15 am** Resident choice **11.00am** Fun exercises **2.00pm** Whiteboard games **3.20pm** Dance it out **4.20pm** Beautiful Hymns **5.30pm** Individual visit Walk	**8** International Women's Day **10.15 am** Resident choice **11.30am** Song of praise **2.00pm** Gross motor games **3.20pm** Dance it out **4.30pm** Colouring in Individual visit Walk
9 **9.40am** Chair aerobics **10.20am** Discussion - What's on for this week? **11.00am** Puzzles **2.00pm** Bingo **3.00pm** Dance it out	**10** **9.40am** Chair aerobics **10.45am** Yoga L4 **11.30am** BBQ lunch **2.00pm** Movie: Irish Wish **3.00pm** Busy bees	**11** **9.40am** Chair aerobics **10.20am** Discussion **11.00am** Catholic eucharist mass L4 **2.00pm** Hand pampers **3.00pm** Ballon volleyball Individual visit	**12** **9.40am** Chair aerobics **10.20am** Discussion **10.45am** Reminiscing **2.00pm** Gardening **3.00pm** Sing along	**13** **9.40am** Individual visit or walk **10.20am** Discussion **11.00am** Bingo **1.45pm** Friday social L4	**14** **10.15 am** Resident choice **11.00am** Fun exercises **2.00pm** Whiteboard Games **3.20pm** Dance it out **4.20pm** Beautiful Hymns **5.30pm** Individual visit walk	**15** **10.15 am** Resident choice **11.30am** Song of praise **2.00pm** Gross motor games **3.20pm** Dance it out **4.30pm** Colouring in Individual visit Walk

March 2026

Waterford Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
16 Harmony Week **9.40am** Chair aerobics **10.20am** Discussion - What's on for this week? **11.00am** Celebrating diversity: music and dance from around the world **2.00pm** Bingo **3.00pm** Dance it out	**17** St Patrick's Day Books on Wheels **9.40am** Chair aerobics **10.20am** Discussion **11.00am** St Patrick day colouring **2.00pm** St Patrick: Apostol of Ireland documentary Social sewing & knitting L4 **3.00pm** Busy bees	**18** Bus Outing **9.40am** Chair aerobics **9.15am** Bus outing Waterford **10.20am** Discussion **11.00am** Sing along **2.00pm** Hand pamper **3.00pm** Doll Therapy Individual visit	**19** **9.40am** Chair aerobics **10.30am** Residents' Meeting L4 Individual visit **2.00pm** Floor games **3.00pm** Sing along	**20** **9.40am** Individual visit or Walk **10.20am** Discussion **11.00am** Bingo **1.45pm** St Patrick's Day celebration with Derek Tabaris L4	**21** **10.15 am** Resident choice **11.00am** Fun exercises **2.00pm** Whiteboard games **3.20pm** Dance it out **4.20pm** Beautiful Hymns **5.30pm** Individual visit Walk	**22** **10.15 am** Resident choice **11:30am** Song of praise **2.00pm** Gross motor games **3.20pm** Dance it out **4.30pm** Colouring in Individual visit Walk
23 **9.40am** Chair aerobics **10.20am** Discussion - What's on for this week? **11.00am** Quiz **2.00pm** Bingo **3.00pm** Dance it out	**24** **9.40am** Chair aerobics **10.20am** Discussion **10:45am** Yoga L4 Individual visit **2.00pm** Elvis, one of the greatest entertainers of all times? **3.00pm** Busy bees	**25** **9.40am** Chair aerobics **10.20am** Discussion **11.00am** Sing along **2.00pm** Hand pamper **3.00pm** Ballon volleyball	**26** **9.40am** Chair aerobics **10:20am** Discussion **11.00am** Ballet4wellbeing L4 **2.00pm** Board games **3.00pm** Sing along	**27** **9.40am** Individual visit or walk **10.20am** Discussion **11.00am** Bingo **1.45pm** Birthday celebration L4 	**28** **10.15 am** Resident choice **11.00am** Fun exercises **2.00pm** Whiteboard games **3.20pm** Dance it out **4.20pm** Beautiful Hymns **5.30pm** Individual visit Walk	**29** **10.15 am** Resident choice **11.30am** Song of praise **2.00pm** Gross motor games **3.20pm** Dance it out **4.30pm** Colouring in Individual visit Walk