



May 2026

Waterford

Activity Calendar

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



1

9.40am
Friday fun Day

10.20am
Morning connection

11.00am
Bingo

1.45pm
Friday social L4

2

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

3

10:15am
Resident choice

11:00am
Song of praise

2.00pm
Gross motor games

3.20pm
Dance it out

4.30pm
Colouring in
Individual visit
Walk

4

9.40am
Chair aerobics

10.15am
Discussion - What's on
for this week?

11.00am
Quiz

2.00pm
Bingo

3.00pm
Dance it out

5

9.40am
Chair aerobics

10:15am
Morning connection

10:45am
Christian service L4

11.00am
Mother day Craft

2.00pm
Grease 1978 movie
Social Sewing
&Knitting L4

3.00pm
Busy bee

6

9.40am
Chair aerobics

10:15am
Morning connection

11.00am
Sing Along

2.00pm
Pampering parlour
Carpet Bowl L4

3.00pm
Doll therapy

7

9.40am
Chair aerobics

10.15am
Morning connection

10.30am
Residents and
representatives
meeting

11.00am
reminiscing

2.00pm
Floor games

3.00pm
Sing along

8

9.40am
Friday fun Day

10.15am
Morning connection

11.00am
Orthodox service L4

Bingo

1.45pm
Mother Day High Tea
with Jay Weston L4

9

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

10 **Mother's Day**

10:15am
Music Concert on
TV

2.00pm
Gross motor games

3.20pm
Dance it out

4.30pm
Colouring in
Individual visit
Walk



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Waterford

Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11 9.40am Chair aerobics 10.15am Discussion - What's on for this week? 11.00am Word quiz 2.00pm Bingo 3.00pm Dance it out	12 Int. Nurses Day 9.40am Chair aerobics 10.15am Morning connection 10.45am Yoga L4/Individual visit 12.00pm Welcome to Italy lunch 2.00pm Armchair to Italy 3.00pm Busy bee	13 9.40am Chair aerobics 10.15am Morning connection 11.00am Catholic service L4 Sing along 2.00pm Pampering parlour Individual visit 3.00pm Doll therapy	14 9.40am Chair aerobics 10.15am Morning connection 11.00am Flower arranging Sensory 2.00pm Celine Dion Tv concert 3:00 pm Sing along	15 9.40am Friday fun day 10.15am Morning connection 11.00am Bingo 1.45pm Friday social L4	16 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	17 10:15am Resident choice 11:00am Song of praise 2.00pm Gross motor games 3.20pm Dance it out 4.30pm Colouring in Individual visit Walk
18 National Volunteer Week 18-25 9.40am Chair aerobics 10.15am Discussion - What's on this week? 11.00am Brain games 2.00pm Bingo 3.00pm Dance it out	19 Books on Wheels 9.30am Chair aerobics 10.15am Discussion 10.45am Colouring/Drawing 2.00pm One hour of amazing Animal moment doc Social sewing & knitting L4 3.00pm Busy bee	20 Rosewood Day Bus Outing 9.40am Chair aerobics 9.15am Bus Outing Waterford 10:15am Discussion 11.00am Sing along 2.00pm Pampering parlour 3.00pm Doll therapy	21 9.40am Chair aerobics 10.15am Discussion 10.30am Residents and representatives meeting 2.00pm Puzzles 3.00pm Dance it out	22 9.40am Friday fun day 10.15am Morning connection 11.00am Bingo 2.00pm Friday social with Harry One Man Band L4	23 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	24 10:15am Resident choice 11:00am Song of praise 2.00pm Gross motor games 3.20pm Dance it out 4.30pm Colouring in Individual visit
25 9:40am Chair aerobics 10:15am Discussion - What's on this week? 10:45am Music Quiz 2:00pm Bingo 3.00pm Dance it out	26 9:40am Chair aerobics 10:15am Discussion 10:45am Yoga L4 Painting 2.00pm Neil Diamond Concert Men's club 3.00pm Busy bee	27 9.40am Chair aerobics 10:15am Discussion 11.00am Sing along 2.00pm Pampering parlour Individual visit 3.00pm Doll therapy	28 9.40am Chair aerobics 10.15am Discussion 11.00am Table games Ballet4wellbeing 2.00pm Cooking: cheddar Crackers 3.00pm Dance it out	29 9.40am Friday fun day 10.15am Morning connection 11.00am Bingo 2.00pm Friday social birthday celebration L4	30 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	31 10:15am Resident choice 11:00am Song of praise 2.00pm Gross motor games 3.20pm Dance it out 4.30pm Colouring in Individual visit