

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
				1		2		3		4		5	
				10:00 am	Physio Exercises	10:00 am	Balloon Therapy	10:00 am	Rhyming Ball	10:00 am	Reminiscing Music	10:00 am	Livestream Mass
				11:00 am	News & views	11:00 am	Seated Dance	11:00 am	Zumba Gold	11:00 am	Pampering	11:00 am	Garden Walks
				2 :00 pm	Puppets Alive	1:30 pm	Bus Trip	2 :00 pm 3:00 pm	Music Therapy Happy Hour	2 :00 pm	Table Games	2:00 pm	Coffee & Chat
6		7		8		9		10		11		12	
10:00 am	Reminiscing Music	10:00 am	Physio Exercises	10:00 am	Physio Exercises	10:00 am	Memory Lane	10:00 am	Word Games & Quizzes	10:00 am	Reminiscing Music	10:00 am	Livestream Mass
11:00 am	Garden Walks	11:00 am	Singalongs	11:00 am	Memory Games	11:00 am	In chair Yoga	11:00 am	Zumba Gold	11:00 am	Pampering	11:00 am	Garden Walks
2 :00 pm	Greek Group	2 :00 pm	Bingo	2 :00 pm	Creative Arts	1:30 pm	Bus Trip	2:00 pm	Music Therapy Happy Hour	2 :00 pm	Table Games	2:00 pm	Coffee & Chat
13		14		15		16		17		18		19	
10:00 am	Reminiscing Music	10:00 am	Physio Exercises	10:00 am	Physio Exercises	10:00 am	Intergenerational Program	10:00 am	Rhyming Ball	10:00 am	Reminiscing Music	10:00 am	Livestream Mass
11:00 am	Garden Walks	11:00 am	Singalongs	11:00 am	Memory Games	11:00 am	Parachute Games	11:00 am	Zumba Gold	11:00 am	Pampering	11:00 am	Garden Walks
2:00 pm	Greek Group	2 :00 pm	Bingo	2:00 pm	MasterChef	1:30 pm	Bus Trip	2:00 pm	Music Therapy Happy Hour	2 :00 pm	Table Games	2:00 pm	Coffee & Chat
20		21		22		23 Christmas in July		24		25		26	
10:00 am	Reminiscing Music	10:00 am	Physio Exercises	10:00 am	Physio Exercises	10:00 am	Balloon Therapy	10:00 am	Intergenerational Program	10:00 am	Reminiscing Music	10:00 am	Livestream Mass
11:00 am	Garden Walks	11:00 am	Singalongs	11:00 am	Memory Games	11:00 am	Music & Instruments	11:00 am	Zumba Gold	11:00 am	Pampering	11:00 am	Garden Walks
2:00 pm	Greek Group	2 :00 pm	Bingo	2:00 pm	Creative Arts	3 :00 pm	Golden Girls Concert	2:00 pm	Music Therapy Happy Hour	2 :00 pm	Table Games	2:00 pm	Coffee & Chat
27		28		29		30		31					
10:00 am	Reminiscing Music	10:00 am	Physio Exercises	10:00 am	Physio Exercises	10:00 am	Intergenerational Program	10:00 am	Intergenerational Program				
11:00 am	Garden Walks	11:00 am	Singalongs	11:00 am	Memory Games	11:00 am	In Chair Pilates	11:00 am	Zumba Gold				
2:00 pm	Greek Group	2 :00 pm	Bingo	2 :00 pm	MasterChef	1:30 pm	Bus Trip	2:00 pm	Music Therapy Happy Hour				
Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	

Bus Trips Every Thursday's	Church Services 30 th June at 10:30 am
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