















# Sample Activities Schedule

|    | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY  | SUNDAY  |
|----|---|---|---|---|--|---|---|
| AM | <p>Hairdresser &amp; Pampering Hand Massage</p>  | <p>Dominos, Chess, Cards, Sudoku</p>               | <p>Reminiscence Session</p>            | <p>Flower Arranging</p>         | <p>Music or Movie Time</p>      | <p>One-to-One Chats</p>                | <p>Walk &amp; Talk in the Garden</p>                   |
| PM | <p>Bingo in the Family Room</p>                  | <p>Gardening Club or ball games in the garden</p>  | <p>Live Singer in the Family Room</p>  | <p>Coffee, Cake &amp; Quiz</p>  | <p>Gentle Exercise with Jo</p>  | <p>Giant Crossword in the Library</p>  | <p>Arts &amp; Crafts in the Family Room or Garden</p>  |