

# Activity Program

A month in an Infinite Care Facility!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>1</b> <b>10.00am</b> Seated Exercise <b>10.30am</b> Trivia Time! <b>12.00pm</b> Knitting Group <b>2.00pm</b> Dart Game 	<b>2</b> <b>9.30am</b> Group Exercises <b>10.30am</b> Lunch Outing <b>2.00pm</b> Songbook Singalong 	<b>3</b> <b>9.30am</b> Armchair Yoga <b>9.45am</b> Hangman <b>10.30am</b> Pet Therapy <b>1.30pm</b> Flower Planting <b>3.30pm</b> 1:1 Visits 	<b>4</b> <b>9.30am</b> Bus Trip/Outing <b>2.00pm</b> Ten Pin Bowling <b>3.30pm</b> 1:1 Visits 	<b>5</b> <b>9.30am</b> Zumba <b>10.30am</b> Musical Quiz <b>1.30pm</b> Happy Hour 	<b>6</b> <b>9.30am</b> Group Exercises <b>10.30am</b> Bingo <b>1.30pm</b> Visiting Musician <b>2.30pm</b> Arts & Crafts 	<b>7</b> <b>9.30am</b> Religious Service <b>10.30am</b> Table Games <b>1.30pm</b> Ice Cream Run <b>4.00pm</b> Movie Night 	
<b>8</b> <b>10.00am</b> Seated Exercise <b>10.30am</b> Armchair Travel <b>12.00pm</b> Knitting Group <b>2.00pm</b> Nails & Pamper 	<b>9</b> <b>9.30am</b> Group Exercises <b>10.00am</b> Shopping Trip <b>2.00pm</b> Men's Group 	<b>10</b> <b>9.30am</b> Armchair Yoga <b>9.45am</b> Pictionary <b>10.30am</b> Pet Therapy <b>1.30pm</b> High School Visit <b>3.30pm</b> 1:1 Visits 	<b>11</b> <b>9.30am</b> Bus Trip/Outing <b>2.00pm</b> Men's Club <b>3.30pm</b> 1:1 Visits 	<b>12</b> <b>9.30am</b> Zumba <b>10.30am</b> Garden Relaxation <b>1.30pm</b> Happy Hour 	<b>13</b> <b>9.30am</b> Group Exercises <b>10.30am</b> Bingo <b>1.30pm</b> Visiting Musician <b>2.30pm</b> Arts & Crafts 	<b>14</b> <b>9.30am</b> Religious Service <b>10.30am</b> Table Games <b>1.30pm</b> Ice Cream Run <b>4.00pm</b> Movie Night 	
<b>15</b> <b>10.00am</b> Seated Exercise <b>10.30am</b> Trivia Time! <b>12.00pm</b> Knitting Group <b>2.00pm</b> Dart Game 	<b>16</b> <b>9.30am</b> Group Exercises <b>10:30am</b> Comedy Club <b>12.00pm</b> Resident BBQ <b>3.00pm</b> Resident Meeting 	<b>17</b> <b>9.30am</b> Armchair Yoga <b>9.45am</b> Word Scrabble <b>10.30am</b> Pet Therapy <b>1.30pm</b> Ready Set Cook <b>3.30pm</b> 1:1 Visits 	<b>18</b> <b>9.30am</b> Bus Trip/Outing <b>2.00pm</b> Quits Game <b>3.30pm</b> 1:1 Visits 	<b>19</b> <b>9.30am</b> Zumba <b>10.30am</b> Sing-along Karaoke <b>1.30pm</b> Happy Hour <b>3.00pm</b> Harmony & Cultures 	<b>20</b> <b>9.30am</b> Group Exercises <b>10.30am</b> Bingo <b>1.30pm</b> Visiting Musician <b>2.30pm</b> Arts & Crafts 	<b>21</b> <b>9.30am</b> Religious Service <b>10.30am</b> Table Games <b>1.30pm</b> Ice Cream Run <b>4.00pm</b> Movie Night 	
<b>22</b> <b>10.00am</b> Seated Exercise <b>10.30am</b> Trivia Time! <b>12.00pm</b> Knitting Group <b>2.00pm</b> Nails & Pamper 	<b>23</b> <b>9.30am</b> Group Exercises <b>11.00am</b> Memorial Service <b>1.30pm</b> Book Club 	<b>24</b> <b>9.30am</b> Armchair Yoga <b>9.45am</b> Hangman <b>10.30am</b> Pet Therapy <b>1.30pm</b> Cooking Class <b>3.30pm</b> 1:1 Visits 	<b>25</b> <b>9.30am</b> Bus Trip/Outing <b>2.00pm</b> Painting Day <b>3.30pm</b> 1:1 Visits 	<b>26</b> <b>9.30am</b> Zumba <b>10.30am</b> Beauty Therapy <b>1.30pm</b> Happy Hour <b>3:00om</b> Aqua Aerobics 	<b>27</b> <b>9.30am</b> Group Exercises <b>10.30am</b> Bingo <b>1.30pm</b> Visiting Musician <b>2.30pm</b> Arts & Crafts 	<b>28</b> <b>9.30am</b> Religious Service <b>10.30am</b> Table Games <b>1.30pm</b> Ice Cream Run <b>4.00pm</b> Movie Night 	
<b>29</b> <b>10.00am</b> Seated Exercise <b>10.30am</b> Trivia Time! <b>12.00pm</b> Knitting Group <b>2.00pm</b> Dart Game 	<b>30</b> <b>9.30am</b> Group Exercises <b>11.00pm</b> Golf Game <b>2.00pm</b> Monthly Birthday Celebration 	<b>31</b> <b>9.30am</b> Armchair Yoga <b>9.45am</b> Pictionary <b>10.30am</b> Pet Therapy <b>1.30pm</b> Tournament of the Minds <b>3.30pm</b> 1:1 Visits 	<b>Birthdays:</b>				