



Activity Planner

Week 5	Morning	Afternoon	Evening
Monday	Reminiscence Craft session Hairdresser	Country dancers and singers One-to-ones – as requested Hairdresser	
Tuesday	Bus outing Pampering session – for ladies Hairdresser	Bus outing Lunch outing to Riverhouse Hairdresser	
Wednesday	Relaxing music and massage sessions	Art of the iPad Jim's Inn	Dominoes
Thursday	Bus outing Keep fit Flower arranging	One-to-ones – as requested TV or film screening – for gents. Foot spas – for ladies, on request.	
Friday	Lounge visits	One-to-ones – correspondence as requested Musical bingo	Manicures and hand massages
Saturday	Big movie screening Preparations for party	One-to-one painting session	
Sunday	What's in the news today? Newspaper discussion	Indoor games	

Week 6	Morning	Afternoon	Evening
Monday	What's in the news today? Newspaper discussion Cake baking – art project	Bus outing	
Tuesday	What's in the news today? Newspaper discussion Board games	Crafts Indoor games	Indoor games
Wednesday	What's in the news today? Newspaper discussion Puzzles and quizzes	Party with karaoke, sing-song and raffle	
Thursday	Aromatherapist Paperwork/admin/notes Knitting circle	Music and Movement Film screening – for gents Manicures and massage	Lounge/room visits
Friday	Group activity What's in the news today? Newspaper discussion	One-to-one computer (email) sessions	Musical bingo
Saturday	Festive preparations	Festive preparations	
Sunday	Bus outing – Christmas day church service at Cathedral Assisting hairdresser	Manicures - requested	