

# Activity Planner



	Morning	Afternoon	Evening
Monday	Personal Time	Exercise or Board Games	Quizzes in rooms
Tuesday	Personal Time request	Manicures or room plants	
Wednesday	Reminiscence or Life History	Magic or Dominoes	
Thursday	Coffee with Chat	Quiz of the Week	Personal Reading
Friday	Personal Request Time	Board Games or Cards	Magazine Stories
Saturday	Travelling Dartboard	Memory Lane Coffee & Chat	Computer Fun
Sunday	Crosswords	Art in My Room	