

Monday	Tuesday	Wednesday	Thursday	Friday
9:30 Sit to be fit 10:00 Ring toss 10:30 Ball throw 10:50 Football knocks 1:15 Off Unit Program/ 1:20 1:1 Visits 3:00 Think fast 3:00 Music	2 9:30 Fun & Fitness 10:00 Stretching 10:30 Hit the net 10:50 Who I am 1:15 Manicures 2:15 Coloring 3:00 Jingo	3 9:30 Exercise 10:00 Balloon & Racket 10:30 Off unit Program/ 1:15 Off unit Programs 1:20 1:1 Visits 3:00 Darts & Loops 3:30 Name the Tune	4 9:30 Chair Exercise 10:00 Bowling Ring toss 10:30 Ball in Basket 10:50 Riddles 1:15 Roll & Cover 2:20 Curling 2:50 Afternoon Movie	5 9:30 Exercise 10:00 Noodle Hockey 10:30 Games 10:50 Wheel of Fortune 1:15 Off unit program/ 1:30 Hand Massage (Room) 2:20 Ludo 3:00 Fishing
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		SUBJECT TO CHANGES		