

Corpus Christi

Weekly Activity Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30am	• Physio exercises	• Hand care	• Physio exercises	• Chair yoga dance	• Physio exercises		
10:00am	• Home cooking	• Morning tea in the courtyard	• Pamper me	• Morning stroll	• One on one activities		
11:00am	• Singing/music	• Mass on Channel 64	• Mindfulness meditation/relaxation	• Mass on Channel 64	• Morning stroll	• Mass on Channel 64	• Mass on Channel 64
	• Mass on Channel 64		• Mass on Channel 64		• Mass on Channel 64		
2:30pm	• Word game and Irish coffee	• Knitting	• Bingo	• What's cooking: savoury pinwheels	• Happy hour	• Afternoon movie	• Afternoon movie
						• Floor games	• Word games

Activity programs are subject to change.