

# Shanagolden

## Weekly Activity Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30am	• Newspaper reading	• Bingo	• Newspaper reading		• Reflection channel	• Rosary	• Mass on channel 31
10:30am	• Coffee club	• SONAS group	• 1st Mass Cork Rosary Area	• Bingo	• Exercises		
1:30pm	• Meditation	• Lolly trolley	• Sing-a-long	• Meditation	• Movie		
	• Word games	• 1:1 resident care	• Knitting group	• Art and craft	• Word games		
3:00pm	• Rosary	• Rosary	• Rosary	• Rosary	• Rosary		

Activity programs are subject to change.