St Catherine's

Weekly Activity Calendar

Strength				Friday	Saturday	Sunday
and balance exercises	Seated yoga	Gentle exercises	 Strength and balance exercises 	Relaxation		
News and current affairs	• Walk in the park	• Mass	 Quiz and discussion 	• Sing-a-long		Mass in the Chapel
· Coffee shop	• Games	Entertainment concert	• Bingo	Nail care	• Bingo	
 Rosary in the Chapel 	Kiosk trolley	Happy hour	• Sing-a-long	Mass in the Chapel		
•	News and current affairs Coffee shop Rosary in the	News and current affairs • Walk in the park Coffee shop • Games Rosary in the • Kiosk trolley	News and current affairs - Walk in the park - Mass Coffee shop - Games - Entertainment concert Rosary in the - Kiosk trolley - Happy hour	News and current affairs - Walk in the park current affairs - Quiz and discussion Coffee shop - Games - Entertainment concert - Bingo - Bingo - Rosary in the - Kiosk trolley - Happy hour - Sing-a-long	News and current affairs - Walk in the park - Mass - Quiz and discussion - Sing-a-long - Coffee shop - Games - Entertainment concert - Bingo - Nail care - Rosary in the - Kiosk trolley - Happy hour - Sing-a-long - Mass in the	News and current affairs • Walk in the park current affairs • Mass • Quiz and discussion • Sing-a-long • Bingo • Nail care • Bingo Rosary in the • Kiosk trolley • Happy hour • Sing-a-long • Mass in the

Activity programs are subject to change.



