

St Catherine's

Weekly Activity Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00am	• Strength and balance exercises	• Seated yoga	• Gentle exercises	• Strength and balance exercises	• Relaxation		
11:00am	• News and current affairs	• Walk in the park	• Mass	• Quiz and discussion	• Sing-a-long		• Mass in the Chapel
2:00pm	• Coffee shop	• Games	• Entertainment concert	• Bingo	• Nail care	• Bingo	
4:00pm	• Rosary in the Chapel	• Kiosk trolley	• Happy hour	• Sing-a-long	• Mass in the Chapel		

Activity programs are subject to change.