



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 10:00 Reminiscing & Story Telling 11:00 Music Therapy 1:30 Basketball Goal Game	2 10:00 Balloon Badminton Game 11:00 Music Therapy 1:30 Flower Arrangements / Men's Gardening	3 10:30 Music and Movie Marathon 2:00 Table games, Building blocks, Fidgets and Puzzles	4 10:30 Music and Movie Marathon 2:00 Sensory Therapy / Pampering Session
5 10:30 Morning Garden Walk 11:00 Music Therapy 1:30 Alzura – Harp Performer	6 10:00 Church Service 10:30 Bus Trip* 1:30 Balloon Games	7 10:00 Coffee Club 10:30 Music and Movie Marathon 1:30 Table Games	8 10:00 Knocked Down Foam Game 11:00 Music Therapy 1:30 Be Creative / Arts & Crafts	9 10:00 Sandbag Toss Game 11:00 Music Therapy 1:30 Flower Arrangement / Men's Gardening	10 10:30 Music and Movie Marathon 2:00 Table games / Safety Dart Board Games	11 10:30 Music and Movie Marathon 2:00 Afternoon Tea in the Garden
12 10:30 Morning Exercise 11:00 Music Therapy 1:30 Happy Hour	13 10:00 Church Service 10:30 Bus Trip* 1:30 Reminiscing & Story Telling	14 10:00 Coffee Club 10:30 Music and Movie Marathon 1:30 Flower Arrangement / Men's Gardening	15 10:00 Garden Walk / Garden Siesta Time 10:30 Music and Movie Marathon 1:30 Balloon Games	16 10:00 Balloon Badminton 11:00 Music and Movie Marathon 1:30 Balloon Games	17 10:30 Music and Movie Marathon 2:00 Table games, Building blocks, Fidgets, Puzzles and Cards	18 10:30 Music and Movie Marathon 2:00 Sensory Therapy / Pampering Session
19 10:00 Chair Yoga – Exercise 11:00 Music Therapy 1:30 Happy Hour	20 10:00 Church Service 10:30 Bus Trip* 1:30 Balloon Badminton Game	21 10:00 Coffee Club 10:30 Music & Movie Therapy 1:30 Sandbag Toss Bag	22 Grandparents Day Celebration 10:00 Gary's Musical 1:30	23 10:00 Sandbag Toss Game 11:00 Music & Movie Therapy 1:30 Flower Arrangement / Men's Gardening	24 10:30 Music and Movie Marathon 2:00 Table games / Safety Dart Board Games	25 10:30 Music and Movie Marathon 2:00 Nature Walk / Wheelchair Walk
26 10:00 Gentle Exercise 11:00 Music Therapy 1:30 Happy Hour	27 10:00 Church Service 10:30 Bus Trip* 1:30 Garden Walk / Siesta Time	28 10:00 Coffee Club 10:30 Music & Movie Therapy 1:30 Basketball Goal Game	29 10:00 Knocked Down Foam Game 11:00 Music & Movie Therapy 1:30 Arts & Crafts / Let's be creative!	30 10:00 Balloon Badminton/ Basketball Goal 11:00 Music & Movie Therapy 1:30 Flower Arrangement / Men's Gardening	31 10:30 Music and Movie Marathon 2:00 Table games, Building blocks, Fidgets, Puzzles and Cards	Together we create moments that matter.



OUR GOAL

To promote connection, engagement and wellbeing through daily meaningful activities tailored to each resident.



PLEASE NOTE

Bus trips and activities may be subject to change due to weather, resident's wellbeing or if not permitting.

ACTIVITY KEY



Spiritual



Outings



Social



Wellbeing



Creative



Fun



Music



Sensory



DISCLAIMER

The activities are optional according to residents' choice. Rest time/Quiet time is also encouraged between 1:30pm to 3:00pm.

Thank you for being part of our residents' journey!

LIVE
Laugh
Love