

LIFESTYLE WEEKLY PLANNER WALLACE – WEEK COMMENCING 4th – 10th September 2023

TIME	Monday 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8	SATURDAY 9	SUNDAY 10
0700-0900	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
0900	Fit 4 Life 	Fit 4 Life 	Tai-chi 	Fit 4 Life 	Hairdresser 	Outside Walks 	Outside Walks 
0930					Fit 4 Life 		
10:30	Thank you to All the Father's Morning & Sausage Sizzle 	Fit 4 Life 11am  	Reminiscing 	Sunshine Club 	Reminiscing 	  Table Games	  reminiscing
1200-1300	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1:30	BINGO!  Cognitive 	Table Games 	Brain Power 	Music Appreciation 	HAPPY HOUR  Janie's Boys 2pm	Floor Games  Floor Games	Floor Games  Skittles & Ring Toss
3:00	Balloon Tennis & Quits 	reminiscing 	Sensory 	Busy Hands 	Sensory 	Don't forget PAMPER yourself 	Art and Craft 
4:00	Outside Walk 	Outside Walk 	Outside Walk 	Outside Walk 	Outside Walk 	Outside Walk 	Outside Walk 
4:30	Room Visits	Room Visits	Room Visits	Room Visits	Room Visits	Room Visits	Room Visits
1730-1830	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
1830	Movie 	Movie 	Movie 	Movie 	Movie 	Movie 	Movie 

PROGRAM SUBJECT TO CHANGE

