

| Sunday                                                                                                                                                                 | Monday                                                                                                                                                                                         | Tuesday                                                                                                                                                                                                                       | Wednesday                                                                                                                                                                                                       | Thursday                                                                                                                                                                                                      | Friday                                                                                                                                                                                                     | Saturday                                                                                                                                                      |
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| off<br><b><u>Morning 9am to 12pm</u></b><br>Mass – Ch 49                                                                                                               | OFF<br><b>Civic Holiday</b><br><b><u>Morning 9am to 12pm</u></b><br>Mass – Ch 49<br><br><b><u>Afternoon 1 to 3 pm</u></b><br>Garden Walks                                                      | OFF<br><b><u>Morning 9am to 12pm</u></b><br>Mass – Ch 49<br>Exercise – SR(Carlow)<br><br><b><u>Afternoon 1pm to 3pm</u></b><br>Piano with Anne- Ch 49                                                                         | OFF<br><b><u>Morning 9am to 12pm</u></b><br>Mass – Ch 49<br>Exercise – SR(Cavan)                                                                                                                                | <b>Cavan</b><br><b><u>Morning 9am to 12pm</u></b><br>Mass – Ch 49<br>Manicules /Friendly visits -RR<br>Exercise – SR(Carlow)<br><b><u>Afternoon 1pm to 3pm</u></b><br>Music & Memory-RR<br>Current Events -RR | Carlow<br><b><u>Morning 9am to 12pm</u></b><br>Mass – Ch 49<br>Exercise – SR (Cavan)<br>Gentle Touch /Word Games -SR<br><b><u>Afternoon 1pm to 3p.m.</u></b><br>Meaningful tasks -RR<br>Friendly Visits-RR | OFF<br>Carlow &Cavan House<br>                                             |
| off<br><b><u>Morning 9am to 12pm</u></b><br>Mass – Ch 49<br>                          | 8 Cavan<br><b><u>Morning 9am to 12pm</u></b><br>Mass – Ch 49<br>Manicules / Drum Fit-DR<br>Exercise – SR<br><b><u>Afternoon 1pm to 3pm</u></b><br>Music & Memory--RR<br>Adult colouring -SR    | 9 Carlow<br><b><u>Morning 9am to 12pm</u></b><br>Mass – Ch 49<br>Exercise – SR<br>Montessori /Virtual Shows -<br><b><u>Afternoon 1pm to 3pm</u></b><br>Music & Memory -RR<br>Crafts-DR<br>Jamming with Jim – Ch. 49           | 10 Cavan<br><b><u>Morning 9am to 12pm</u></b><br>Mass – Ch 49<br>Exercise -SR<br><b><u>Afternoon 1pm to 3pm</u></b><br>Drum Fit /Bingo-DR<br>5:00 BBQ -Carlow – LKFG<br><b><u>6 to 7:30</u></b> Virtual Yoga-SR | 11 Carlow<br><b><u>Morning 9am to 12pm</u></b><br>Mass – Ch 49<br>Exercise -SR<br>Gentle Touch-RR<br>Reminiscing-RR<br><b><u>Afternoon 1pm to 3pm</u></b><br>Balloon Toss -DR<br>Music and Memory-RR          | 12 OFF<br><b><u>Morning 9am to 12pm</u></b><br>Mass – Ch 49<br>Exercise -SR-(Cavan)<br><br><b><u>Afternoon 1pm to 3pm</u></b><br>Walk on the Wire -Ch.49                                                   | 13 Cavan<br><b><u>Morning: 9 to 12 p.m.</u></b><br>Manicules /Drum Fit -DR<br><b><u>Afternoon 1 to 3 pm</u></b><br>Virtual Travel Lodge -SR<br>Men’s Group-RR |
| <b><u>Morning 9am to 12pm</u></b><br>Mass – Ch 49<br>Gentle Touch/ Balloon Toss-RR<br><br><b><u>Afternoon 1 to 3 pm</u></b><br>Virtual Music Tea & Talk -DR            | 15 Cavan<br><b><u>Morning 9am to 12pm</u></b><br>Mass – Ch 49<br>Exercise –SR (Carlow)<br>Gentle Touch Word Games-DR<br><br><b><u>Afternoon 1pm to 3pm</u></b><br>Drum Fit /Arts & Craft -SR   | 16 Off Carlow<br><b><u>Morning 9am to 12pm</u></b><br>Mass – Ch 49<br>Exercise – SR(Cavan)<br><br><b><u>Afternoon 1pm to 3pm</u></b><br>Piano with Anne- Ch 49                                                                | 17 Carlow<br><b><u>Morning 9am to 12pm</u></b><br>Mass – Ch 49<br>Exercise-SR<br><b><u>Afternoon 1pm to 3pm</u></b><br>Bingo /Drum Fit-DR<br><br><b><u>Evening 6 to 7:30 pm</u></b><br>Movie Night -DR          | 18 Cavan<br><b><u>Morning 9am to 12pm</u></b><br>Mass – Ch 49<br>Exercise –SR<br>Manicules /Ball Toss-SR<br><b><u>Afternoon 1pm to 3pm</u></b><br>Music & Memory-RR<br>Art &Craft -SR                         | 19 Carlow<br><b><u>Morning 9am to 12pm</u></b><br>Mass – Ch 49<br>Exercise –SR<br>Montessori /Drum Fit -DR<br><b><u>Afternoon 1pm to 3pm</u></b><br>Friendly Visiting Adult-RR<br>Colouring -SR            | 20 OFF<br>                                                                |
| OFF<br><b><u>Morning 9am to 12pm</u></b><br>Mass – Ch 49<br>                        | 22 Cavan<br><b><u>Morning 9am to 12pm</u></b><br>Mass – Ch 49<br>Exercise –SR<br><b><u>Afternoon 1pm to 3pm</u></b><br>Knit and Chat-SR<br>Virtual Outdoor Shows -DR                           | 23 Carlow<br><b><u>Morning 9am to 12pm</u></b><br>Mass – Ch 49<br>Exercise –SR<br>Balloon Toss/Montessori-DR<br><b><u>Afternoon 1pm to 3pm</u></b><br>Music & Memory-RR<br>Virtual Pet Visit- RR<br>Jamming with Jim – Ch. 49 | 24 Cavan<br><b><u>Morning 9am to 12pm</u></b><br>Mass – Ch 49<br>Exercise -SR<br><br><b><u>Afternoon 1pm to 3pm</u></b><br>Arts & Crafts /Knit and Chat<br><b><u>Evening 6 to 7:30 pm</u></b><br>Movie Night-DR | 25 Carlow<br><b><u>Morning 9am to 12pm</u></b><br>Mass – Ch 49<br>Exercise -SR<br>Reminiscing-RR<br>Crafts-DR<br><b><u>Afternoon 1pm to 3pm</u></b><br>Music & Memory-RR<br>Pot Luck Quiz /Crafts-DR          | 26 OFF<br><b><u>Morning 9am to 12pm</u></b><br>Mass – Ch 49<br>Exercise – SR (Cavan)<br><br><b><u>Afternoon 1 to 3 pm</u></b><br>Walk on the Wire Concert<br>2:00 - Ch.49                                  | 27 Cavan<br><b><u>Morning: 9 to 12 p.m.</u></b><br>Reminiscing /Drum Fit -Lib<br><br><b><u>Afternoon 1 to 3 pm</u></b><br>You Be the Judge/ Crafts-DR         |
| Carlow<br><b><u>Morning: 9 to 12 pm</u></b><br>Friendly Visiting or Gentle Touch-RR<br>Mass- Ch. 49<br><b><u>Afternoon: 1 to 3 pm</u></b><br>Coffee Chat /Drum fit -DR | 29 Cavan<br><b><u>Morning 9am to 12pm</u></b><br>Mass – Ch 49<br>Exercise-SR (Carlow)<br>Friendly visits/Drum fit-Lib<br><b><u>Afternoon 1pm to 3pm</u></b><br>Knit and Chat / Manicules-SR-DR | 30 off<br><b><u>Morning 9am to 12pm</u></b><br>Mass – Ch 49<br>Exercise -<br><br><b><u>Afternoon 1pm to 3pm</u></b><br>Piano with Ann – Ch. 49                                                                                | 31                                                                                                                                                                                                              | <h1>August 2021</h1> <p>All Program are subjected to change. please contact the Recreation staff Elsa @ 279 with any question. Thank you</p>                                                                  |                                                                                                                                                                                                            |                                                                                                                                                               |

Legend: Balcony – B, Channel 49/50 – Ch. 49/50, Dining Room – DR, Harvest Room – HR, Library – Lib, Larry Kelly Family Garden – LKFG, Resident Room – R, Sunroom – SR