

Sunday

Monday

Tuesday

Wednesday

Thursday

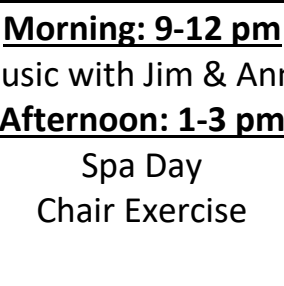
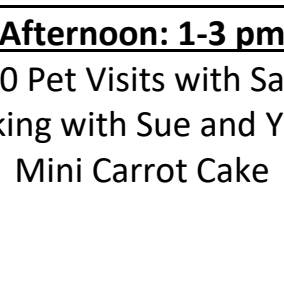
Friday

Saturday

**Mass Daily at 10:30am On Chanel 49
(Excluding Saturdays)**

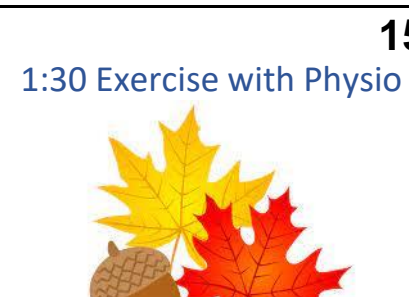


Morning: 9-12 pm 27
Arts & Crafts:
Christmas Globe
Afternoon: 1-3 pm
1:30 Social Tea – GP
Birthday Day Party



1
1:30 Exercise with Physio
1:30 Rosary – Waterford

8
Afternoon: 1-3 pm
1:30 Exercise with Physio
Yoga
Adult Coloring
Evening: 6-8 pm
BINGO



22
Afternoon: 1-3 pm
1:30 Exercise with Physio
Puzzle
Evening: 6-8 pm
BINGO



2
Morning: 9-12 pm
Arts and Crafts:
Tissue Paper Poppies
Afternoon: 1-3 pm
1:00 Resident Council Meeting
Word Puzzle



16
Morning: 9-12 pm 16
9:30 Tree Decorating Day with the "RESPECT Group"
Afternoon: 1-3 pm
Christmas Social with Hot Chocolate and Cookies



30
Morning: 9-12 pm
Montessori
Chair Exercise
Afternoon: 1-3 pm
Calendar Delivery
Friendly Visits

3
11:00 Exercise with Physio

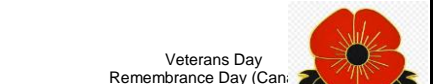
10
11:00 Exercise with Physio

17
11:00 Exercise with Physio

24
11:00 Exercise with Physio

4
Morning: 9-12 pm
Travels and Documentaries
Afternoon: 1-3 pm
Montessori
Friendly Visits

11
Morning: 9-12 pm 11
Spa Day
Chair Exercise
Afternoon: 1-3 pm
Board Games



19
Morning: 9-12 pm
Ball Exercise
Trivia
Afternoon: 1-3 pm
Pub

25
Morning: 9-12 pm 25
Drum Fit
Afternoon: 1-3 pm
Short Stories



12
Morning: 9-12 pm 12
Breakfast Club
8:00 – GP
Afternoon: 1-3 pm
RHA Christmas Decorating



November 2022

Waterford