



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	25	26	27	28	1	2	3
9	9:15 LET'S MOVE EXERCISE GROUP 10:30 COMMUNION SERVICE (All Areas) 2:00 BINGO (Cove)	9:15 RISE & SHINE EXERCISE (Cove) 11:00 MUSIC THERAPY With Fiona (Terrace) 2:00 TOMBOLA	9:15 CHAIR CHI YOGA HAIRDRESSER VISITS PAMPER & HAPPY HANDS MASSAGE	9:15 EXERCISE (Cove) 10:30 ARTS & CRAFTS 2:30 MOVIES & POPCORN	9:15 EXERCISE GROUP (Cove) 10:30 MOTHER DUCK Intergenerational Visit 2:30 ICE CREAM Trolley	9:30 SUNSHINE THERAPY (All Areas) RED CROSS VOLUNTEERS VISIT	11:30 SONGS OF PRAISE ABC 2 MINDFULNESS COLOR ART
	4	5 Shrove Tuesday	6 Ash Wednesday	7	8	9	10
10	9:15 LET'S MOVE EXERCISE GROUP 10:30 COMMUNION SERVICE (All Areas) 2:00 BINGO (Cove)	9:15 RISE & SHINE EXERCISE (Cove) 11:00 MUSIC THERAPY With Fiona (Terrace) 2:00 TOMBOLA	9:15 CHAIR CHI YOGA 10:30 BOOK CLUB IRISH TALES 2:00 BALL GAMES	9:15 EXERCISE (Cove) 10:30 MONTHLY CONCERT & BBQ HAPPY HOUR 1:1 LIFESTYLE	9:15 EXERCISE GROUP (Cove) 11:00 MUSIC THERAPY With Fiona 2:30 ICE CREAM Trolley	9:30 SUNSHINE THERAPY (All Areas) RED CROSS VOLUNTEERS VISIT	11:30 SONGS OF PRAISE ABC 2 101 ACTIVITIES With Care Staff
	11	12	13	14	15	16	17 St Patrick's Day
11	9:15 LET'S MOVE EXERCISE GROUP 10:30 COMMUNION SERVICE (All Areas) OUTING CARINA LEAGUES CLUB	9:15 RISE & SHINE EXERCISE (Cove) 10:30 CITIPOINTE SINGERS (Cove) 11:00 MUSIC THERAPY 2:00 TOMBOLA	9:15 CHAIR CHI YOGA HAIRDRESSER VISITS PAMPER SPA DAY (All Areas)	9:15 EXERCISE (Cove) 10:30 SHOPPING TRIP CARINDALE & LUNCH 1:1 LIFESTYLE	9:15 IRISH EXERCISES 10:30 SING A LONG & IRISH TALES ST PATRICKS LUNCH 2:30 POT OF GOLD QUIZ	9:30 SUNSHINE THERAPY (All Areas) RED CROSS VOLUNTEERS VISIT	11:30 SONGS OF PRAISE ABC 2 101 IRISH ART COLOURING IN ACTIVITY
	18	19	20	21 March Equinox	22	23	24
12	9:15 LET'S MOVE EXERCISE GROUP 10:30 COMMUNION SERVICE (All Areas) 2:00 BINGO (Cove)	9:15 RISE & SHINE EXERCISE (Cove) 10:00 CATHOLIC MASS With Fr Alex 11:00 MUSIC THERAPY 2:00 TOMBOLA	9:15 CHAIR CHI YOGA 10:30 ITALIAN LUNCH AT PORTOFINO 2:30 QUILTS/BOWLING	9:15 EXERCISE (Cove) 10:30 GATEWAY CHURCH VISITORS MOVIES & POPCORN (Cove)	9:15 ZUMBA EXERCISE 10:30 RESIDENTS & RELATIVES MONTHLY MEETING (Cove) 11:00 MUSIC THERAPY With Fiona 2:30 ICE CREAM Trolley	9:30 SUNSHINE THERAPY (All Areas) RED CROSS VOLUNTEERS VISIT	11:30 SONGS OF PRAISE ABC 2 101 ACTIVITIES With Care Staff
	25	26	27	28	29	30	31
13	9:15 LET'S MOVE EXERCISE GROUP 10:30 COMMUNION SERVICE (All Areas) 2:00 BINGO (Cove)	9:15 RISE & SHINE EXERCISE (Cove) 10:30 COMMUNION SERVICE 11:00 MUSIC THERAPY 2:00 TOMBOLA	9:15 CHAIR CHI YOGA HAIRDRESSER VISITS PAMPER SPA DAY (All Areas)	9:15 EXERCISE (Cove) BLACK FOREST CAKE DAY 2:30 QUIZ	9:15 ZUMBA EXERCISE 11:00 ARM CHAIR TRAVEL (Ireland) 2:30 ICE CREAM Trolley	9:30 SUNSHINE THERAPY (All Areas) RED CROSS VOLUNTEERS VISIT	11:30 SONGS OF PRAISE ABC 2 101 ACTIVITIES With Care Staff