

MERIAN WELLBEING AGED CARE CENTRE

ACTIVITIES SCHEDULE

WEEK 1 & 3	ACTIVITIES	Time	Option for each day/ combination
Monday	Group exercise session (Every morning)	9.00 – am9.45am	Meditation Yoga
		11.00-am11.30am	Story telling
		3.00pm – 4.00pm	Bingo / Scrabble
Tuesday	Group exercise	9.00am-9.45am	Meditation Yoga
		11.00-11.30am	Light exercise
		3.00pm- 4.00pm	Card making/printing or Reading
Wednesday	Group exercise	9.00am-9.45am	Meditation Yoga
		11.00am – 12.00pm	Rest
Thursday	Group exercise	9.00am – 9.45am	Meditation Yoga
		11.00am – 12.00pm	Food talk/Other/Coloring
Friday	Group exercise	9.00am – 9.45am	Meditation Yoga
		11.00am – 12.00pm	Gardening/Creative picture making
Saturday	Group activity	10.00am – 12.00pm	Community participation/Cinema

ACTIVITIES SCHEDULE

MERIAN WELLBEING AGED CARE CENTRE

WEEK 2 & 4	ACTIVITIES	Time	Option for each day/ combination
Monday	Group exercise session (Every morning)	9.00 – am9.45am	Meditation
		11.00-am11.30am	Yoga
		3.00pm – 4.00pm	Reading
			Knitting / Gardening/Coloring
Tuesday	Group exercise	9.00am-9.45am	Meditation
		11.00-11.30am	Yoga
			Light exercise
Wednesday	Group exercise	3.00pm- 4.00pm	Rest
		9.00am-9.45am	Meditation
			Yoga
Thursday	Group exercise	11.00am – 12.00pm	Walk in the garden/Focus and aim
		9.00am – 9.45am	Meditation
			Yoga
Friday	Group exercise	11.00am – 12.00pm	Small talk/ Discussion
		9.00am – 9.45am	Meditation
			Yoga
Saturday	Group activity	11.00am – 12.00pm	Hair & nail pampering
		10.00am – 12.00pm	Community participation