

Weekly Leisure Opportunities

Windsor Gardens - Fir 1

Monday

9:15 Musical Word Games
9:45 Exercise
10:30 Balloon volleyball
1:00 Hymn Sing
1:30 Walks
2:30 Famous Phrases
3:15 Knock it in the pocket
5:30 Music

Tuesday

9:15 Bird Chat
9:45 Exercise
1:00 Music & Memories
1:30 Chapel
2:00 Active Game
3:15 Bingo
4:30 Piano Music with Bob

Wednesday

9:45 Exercise
10:15 Trivia
1:00 Bowling
2:15 Anything Goes
5:15 Balloon volleyball



Thursday

9:45 Exercise
10:15 Reminisce
1:00 Mystery of the Hymns
2:00 Nature's Nook
3:15 Brain Busters
5:15 Evening Chat

Friday

9:45 Exercise
10:30 Short Stories
1:00 Afternoon Walk
2:00 Snack and Chat
3:15 Did you know?
4:15 Music with Bob
5:00 Movie in TV Room

Saturday

1:00 Active Games
2:45 Bingo
6:00 Evening Matinee

Sunday

2:45 Anything Goes

Daily Quiet Time 12:00-1:00