

# 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**