

MAYFAIR RETIREMENT DAILY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>9.30am MONDAY - FRIDAY EXERCISES In the GALLERY</p> <p>10.00am MONDAY-FRIDAY NEWSPAPER READING ALOUD In the Seymour Lounge</p>	<p>9.30am CATHOLIC COMMUNION in RANDOLPH LOUNGE</p> <p>1.30pm Book Club group/movie</p>	<p>HAIRDRESSER WEDNESDAY THURSDAY FRIDAY</p> 	<p>10.30am Bowls</p> 	<p>10.30am \$2 HOUSIE In the GALLERY</p> <p>1.30pm Movie in the Gallery</p> <p>1.30pm Reading aloud in MainLounge</p>		
<p>10.30am EVERY MONDAY HOUSIE</p>		<p>10.30am LAUGHTER AND QUIZ in the Gallery</p> <p>11.00am Mobile Shop</p>	<p>1.15pm Communal Crossword in Randolph lounge</p>		<p>1.30pm SUNDAY MOVIE in GALLERY</p>	
<p>VAN OUTINGS</p> <p>3.00pm Thinking Well Mobile Library</p> <p>Shop Orders to reception before 4.00pm</p> <p>Exercises in the Gallery 4.00pm</p>	<p>4.00pm QUIZ in MAIN LOUNGE</p> <p>Exercises in the Gallery 4.00pm</p>	 <p>1.30 Ice Creams</p> <p>4.00pm QUIZ in MAIN LOUNGE</p>	<p>3.00pm HAPPY HOUR Entertainment In the Gallery (not on 5th Thursday of month)</p>	<p>2.00pm Manicures and Hand Massage</p> <p>4.15PM Quiz in Main Lounge</p> <p>Exercises in the Gallery 4.00pm</p>	<p>1.30pm Entertainment In the GALLERY</p> <p>2.30pm Movie in the Gallery</p>	

Thinking Well
 Engaging Well
 Eating Well

Resting Well
 Moving Well