

# WELL-BEING SCHEDULE

## WEEKLY PLAN

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	<b>Bingo</b> 	<b>Exercise &amp; Meditation</b> 	<b>Pampering</b> 	<b>Baking</b> 	<b>Sing Song &amp; Dance</b> 	<b>Exercise &amp; meditation</b> 	<b>Chair Based activities</b> 
PM	<b>Sing Song &amp; Dance</b> 	<b>Puzzles</b> 	<b>Cinema</b> 	<b>Music Therapy</b> 	<b>Virtual Tours &amp; Concerts</b> 	<b>Arts &amp; Crafts</b> 	<b>Board Games</b> 