Example Weekly Activities

This is a glimpse into some of the activities we enjoy at Sundial, everything can be shaped around your own hobbies and interests, just like at home. There's always something to keep us busy, whether it's gardening, going out into the community, baking or relaxing in front of the TV. With planned activities, along with daily things we love to do, life feels full of both familiar comforts and social connections.









MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Arts and Crafts	Baking	Quiz Afternoon	G-Fitness	Gardening Club	Forget-me-knot Chorus	Movie Afternoon
Book Club	Visits from Willow the Therapy Dog	Bingo	Games Club	Singing by Declan Duffy	Flower Arranging	Bedtime Disco







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