

Harbour Residential

Activities Plan

Daily Activities	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	Walking club	Walking club	Walking club	Walking club	Walking club	Walking club	Walking club
	Gardening	Gardening	Gardening	Gardening	Gardening	Gardening	Gardening
	Ball games / music	Halloween decorations	Craft workshop	Exercises for the lungs	Choir group	Singing & dancing	Ball games
Afternoon	Sunday worship	Choir practice	Dave the singer	Bingo	Colouring / painting black cats	Exercise to music	Photographing and feeding the birds
	Walking club	Yoga	Music & dancing	Ball games / Walking club	Walking club	Yoga	Music & dancing
	Yoga	Walking club	Stretch	Yoga	Stretch	Walking club	Walking club