



**MEARNS
HOUSE**



SAMPLE WEEKLY ACTIVITIES

	MORNING 10AM - 12PM	AFTERNOON 2PM - 4:30PM
MON	<ul style="list-style-type: none"> • One to one supporting residents with dementia. • Fit Baw exercise seating to stand focus 	<ul style="list-style-type: none"> • Home baking Group – Coconut cakes. • Sing-along Afternoon Tea.
TUE	<ul style="list-style-type: none"> • One to One Supporting resident living with stress and distress • National meditation day Breathing and relaxation class 	<ul style="list-style-type: none"> • Colour for relaxation Colour by Numbers. • Sensory Activity - What's in the Bag.
WED	<ul style="list-style-type: none"> • One to One Supporting residents cared for in bed. • Coffee outing to the Avenue. 	<ul style="list-style-type: none"> • Creative Arts & Crafts – Seeded Paper. • Crossword and puzzles. • Garden walks.
THU	<ul style="list-style-type: none"> • One to One Supporting Resident with Dementia. • Yoga stretch and meditate. • Creative Mojo Arts and Crafts. 	<ul style="list-style-type: none"> • One to One Activities Resident choice. • Sensory Sessions – Whats in the bag?
FRI	<ul style="list-style-type: none"> • One to One Supporting resident living with stress and distress. • Breakfast Club – Fruity Friday. • Burrell Collection outing Degas exhibition. 	<ul style="list-style-type: none"> • Cocktails and Mock tails master class. • Movie Night with snacks slumber party.
SAT	<ul style="list-style-type: none"> • Weekly sparkle and football Memories reminiscing. 	<ul style="list-style-type: none"> • Birthday Celebrations. • Brain exercise - Word Games - Scrabble.
SUN	<ul style="list-style-type: none"> • Sunday Morning Sing-Along. 	<ul style="list-style-type: none"> • Paper Airplane Making & Races.

This is a sample of activities taken from a recent weekly plan.