



July 2026

Waterford

Activity Calendar

Monday

Tuesday

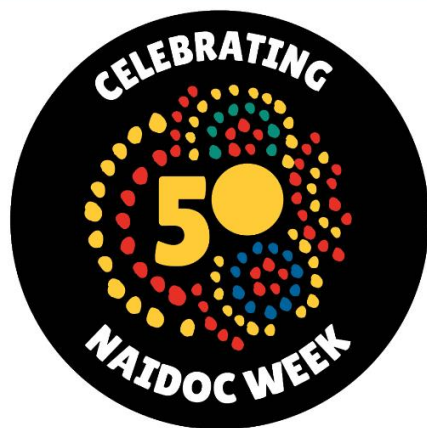
Wednesday

Thursday

Friday

Saturday

Sunday



1

9.40am
Chair aerobics
10:15am
Morning connection
11.00am
Sing Along
2.00pm
Pampering parlour
3.00pm
Doll therapy

2

9.40am
Chair aerobics
10.15am
Morning connection
11.00am
Reminiscing
2.00pm
Gardening
3.00pm
Sing along

3

NAIDOC Week 5-12

9.40am
Friday fun day
10.15am
Morning connection
11.00am
Bingo
Orthodox service L4
1.45pm
Friday social with
Morris Dancers L4

4

10:15 am
Resident choice
11.00am
Fun exercises
2.00pm
Whiteboard games
3.20pm
Dance it out
4.20pm
Beautiful hymns
5.30pm
Individual visit

5

10:15am
Resident choice
11:00am
Song of praise
2.00pm
Gross motor games
3.20pm
Dance it out
4.30pm
Colouring in
Individual visit
Walk

6

9.40am
Chair aerobics
10.15am
Discussion - What's
on for this week?
11.00am
Quiz
2.00pm
Bingo
3.00pm
Dance it out

7

Books on Wheels

9.40am
Chair aerobics
10:15am
Morning connection
11.00 am
NAIDOC Art &craft
2.00pm
Abba;Live in concert
Sewing & knittingL4
3.00pm
Busy bee

8

9.40am
Chair aerobics
10.15am
Morning connection
11.00am
Sing along
Catholic service L4
2.00pm
Bingo
3.00pm
Doll therapy

9

9.40am
Chair aerobics
10.15am
Morning connection
11.00am
Flower arranging
Sensory
2.00pm
Floor games
3:00 pm
Sing along

10

9.40am
Friday fun day
10.15am
Morning connection
11.00am
Bingo
1.45pm
Friday social with
Peter Behnam L4

11

10:15 am
Resident choice
11.00am
Fun exercises
2.00pm
Whiteboard games
3.20pm
Dance it out
4.20pm
Beautiful hymns
5.30pm
Individual visit

12

10:15am
Resident choice
11:00am
Song of praise
2.00pm
Gross motor games
3.20pm
Dance it out
4.30pm
Colouring in
Individual visit
Walk



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Waterford

Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13 9.40am Chair aerobics 10.15am Discussion - What's on this week? 11.00am Brain games 2.00pm Bingo 3.00pm Dance it out	14 9.40am Chair aerobics 10.15am Discussion 11.00am Colouring & drawing 2.00pm Puzzles 3.00pm Busy bee	15 Bus Outing 9.40am Chair aerobics 9.15am Bus outing Waterford 10:15am Discussion 11.00am Sing along 2.00pm Pampering parlour 3.00pm Doll therapy	16 9.40am Chair aerobics 10.15am Discussion 11.00am Table games 2.00pm Bowling 3.00pm Sing along	17 9.40am Friday fun day 10.15am Morning connection 11.00am Bingo 1.45pm Friday social L4	18 10:15 am Resident choice 11.00am Fun exercises 2.00pm Whiteboard games 3.20pm Dance it out 4.20pm Beautiful hymns 5.30pm Individual visit	19 10:15am Resident choice 11:00am Song of praise 2.00pm Gross motor games 3.20pm Dance it out 4.30pm Colouring in Individual visit Walk
20 9:40am Chair aerobics 10:15am Discussion - What's on this week? 10:45am Math quiz 2:00pm Bingo 3.00pm Dance it out	21 Books on Wheels 9:40am Chair aerobics 10:15am Discussion 10:45am Yoga L4 Painting 2.00pm Mother & son (TV show) Sewing & knitting L4 3.00pm Busy bee	22 9.40am Chair aerobics 10:15am Discussion 11.00am Sing along 2.00pm Bingo Individual visit 3.00pm Doll therapy	23 9.40am Chair aerobics 10.15am Discussion 10.30am Residents meeting 11.00am Flower arranging 2.00pm Cooking; pizza scrolls 3.00pm Sing along	24 9.40am Friday fun day 10.15am Morning connection 11.00am Bingo 1.45pm Friday social with Toni Italiano L4	25 10:15 am Resident choice 11.00am Fun exercises 2.00pm Whiteboard games 3.20pm Dance it out 4.20pm Beautiful hymns 5.30pm Individual visit	26 10:15am Resident choice 11:00am Song of praise 2.00pm Gross motor games 3.20pm Dance it out 4.30pm Colouring in Individual visit Walk
27 9:40am Chair aerobics 10:15am Discussion - What's on this week? 10:45am Math quiz 2:00pm Bingo 3.00pm Dance it out	28 Books on Wheels 9:40am Chair aerobics 10:15am Discussion 10:45am Yoga L4 Painting 2.00pm Cooking show on TV Men's club/ carpet bowl 3.00pm Busy bee	29 9.40am Chair aerobics 10:15am Discussion 11.30am Christmas in July celebration Lunch & drinks 2.00pm Pampering parlour Individual visit 3.00pm Doll therapy	30 9.40am Chair aerobics 10.15am Discussion 11.00am Table games Ballet4wellbeing 2.00pm Gardening 3.00pm Sing along	31 9.40am Friday fun day 10.15am Morning connection 11.00am Bingo 1.45pm Friday social & birthday party L4		

