

June 2024

The Cove

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9.30 Ball Games 10.30 Darts 12.30 ST Massage 1.30 Bingo 2.30 Movie
2 9.30 Exercises 10.30 Shuffleboard 12.30 Nail Care 1.30 Music Bingo 3pm Movie	3 9am Chair Yoga 10.30 Bowls 12.30 ST Massage 1.30 Quizzes 2.30 Colour Therapy	4 9am Ball Games 10.30 Golf 12.30 Nail Care 1.30 Snakes & Ladders 2.30 Table Activites	5 9am Exercises 10.30 Axe throwing 12.30 ST Massage 1.30 Remember when 2.30 Sing a Long	6 9am Chair Yoga 10.30 Tubegame 12.30 Nail Care 1.30 Boardgames 2.30 Sensory table	7 9am Exercises 10.30 Skittles 12.30 ST Massage 1.30 Whitboard game 2.30 Table Games	8 9.30 Ball Games 10.30 Darts 12.30 ST Massage 1.30 Bingo 2.30 Movie
9 9.30 Exercises 10.30 Shuffleboard 12.30 Nail Care 1.30 Music Bingo 3pm Movie	10 Kings Bday 9am Chair Yoga 10.30 Wilde Honey 12.30 ST Massage 1.30 Quizzes 2.30 Colour Therapy	11 9am Ball Games 10.30 Golf 12.30 Nail Care 1.30 Snakes & Ladders 2.30 Table Activites	12 Italian Theme 9am Exercises 10.30 Mike the Italian waiter 12.30 ST Massage 1.30 Remember when 2.30 Sing a Long	13 9am Chair Yoga 10.30 Tubegame 12.30 Nail Care 1.30 Boardgames 2.30 Sensory table	14 9am Exercises 9.30 Catholic Mass 10.30 Skittles 12.30 ST Massage 1.30 Whitboard game 2.30 Table Games	15 9.30 Ball Games 10.30 Darts 12.30 ST Massage 1.30 Bingo 2.30 Movie
16 9.30 Exercises 10.30 Shuffleboard 12.30 Nail Care 1.30 Music Bingo 3pm Movie	17 9am Chair Yoga 10.30 Bowls 12.30 ST Massage 1.30 Quizzes 2.30 Colour Therapy	18 9am Ball Games 10.30 Golf 12.30 Nail Care 1.30 Snakes & Ladders 2.30 Table Activites	19 9am Exercises 10.30 Axe throwing 12.30 ST Massage 1.30 Remember when 2.30 Sing a Long	20 9am Chair Yoga 10.30 Tubegame 12.30 Nail Care 1.30 Boardgames 2.30 Sensory table	21 9am Exercises 10.30 Skittles 12.30 ST Massage 1.30 Whitboard game 2.30 Table Games	22 9.30 Ball Games 10.30 Darts 12.30 ST Massage 1.30 Bingo 2.30 Movie
23 9.30 Exercises 10.30 Shuffleboard 12.30 Nail Care 1.30 Music Bingo 3pm Movie	24 9am Chair Yoga 10.30 Bowls 12.30 ST Massage 1.30 Quizzes 2.30 Colour Therapy	25 9am Ball Games 10.30 Golf 12.30 Nail Care 1.30 Snakes & Ladders 2.30 Table Activites	26 9am Exercises 10.30 Axe throwing 12.30 ST Massage 1.30 Remember when 2.30 Sing a Long	27 9am Chair Yoga 10.30 Tubegame 12.30 Nail Care 1.30 Boardgames 2.30 Sensory table	28 9am Exercises 10.30 Skittles 12.30 ST Massage 1.30 Whitboard game 2.30 Table Games	29 9.30 Ball Games 10.30 Darts 12.30 ST Massage 1.30 Bingo 2.30 Movie
30 9.30 Exercises 10.30 Shuffleboard 12.30 Nail Care 1.30 Music Bingo 3pm Movie						