Southern Plus+
East Fremantle

Activities Calendar

Sample

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.00am – Breakfast	8.00am – Breakfast	8.00am – Breakfast	8.00am – Breakfast	8.00am – Breakfast	8.00am – Breakfast	8.00am – Breakfast
9.30am – Exercise Group	9.30am – Exercise Group	9.30am – Exercise Group	9.30am – Exercise Group	9.30am – Exercise Group	9.30am – Exercise Group	9.30am – Exercise Group
		10.00am – Excursion to Fremantle Foreshore			10.00am – Hairdresser Visit	
10.30am – Indoor Sports	10.30am – Garden Club	10.30am – Individual Therapy	10.30am – Walking Club	10.30am – East Fremantle Play Group		10.30am – Songs of Praise
			11.00am – Beauty Salon			11.00am – Kaleeya Club
					11.30am – Pet Visit Ruby the Dog	
12.00pm – Lunch	12.00pm – Lunch	12.00pm – Lunch	12.00pm – Lunch	12.00pm – Lunch	12.00pm – Lunch	12.00pm – Lunch
2.00pm – Men's Shed	2.00pm – Musical Performance: Glyde-Ins Acapella Group	2.00pm – Afternoon Tea: Happy Birthday, Dorothy!	2.00pm – Armchair Travel: Canada	2.00pm – Arts & Crafts	Family & Friends Visit	2.00pm – Mother's Day Afternoon Tea
					1:45pm AFL Game: West Coast Eagles vs Port Adelaide	
3.30pm – Knitting Group	3.30pm – Book Club: Poetry Reading	3.30pm – Kaleeya Club	3.30pm – Arts & Craft			3.30pm – Movie Matinee
				4.30pm – Happy Hour & Bingo		
5.30pm – Dinner	5.30pm – Dinner	5.30pm – Dinner	5.30pm – Dinner	5.30pm – Dinner	5.30pm – Dinner	5.30pm – Dinner