

RECREATION ACTIVITIES

MONDAY

- Stretch and Breathe
- Therapeutic Journaling
- Puzzles

- Bingo
- Legacy Building
- Surveys and Introductions

TUESDAY

- Meal Preparation
- Brain Games
- Progressive Muscle Relaxation

- Music Group
- Gardening
- Lite-Brite

WEDNESDAY

- Carnival Games
- Vision Board
- Tablet Games

- Coffee and Tea Social
- News and Discussions
- Trivia

THURSDAY

- Wii Sports
- Knitting or Quilting
- Cards and Board Games

- Casino Games
- Fishing
- Wall Games

FRIDAY

- TV Game Shows
- Memory Reminiscing
- Arts and Crafts

- Drum Fit
- Air Hockey
- Coloring Wheel

Located in the 2nd floor sun room - Please make your way down independently if you are able to or ask for assistance to get down to the recreation activity.