













Sample activity schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
am	 Music therapy	 Bowls	 Floor games	 Boxing	 Silent disco
pm	 Chair yoga	 Arts and crafts	 Quiz and Trivia	 Bingo	 Happy hour

Note: This is a sample of the type of activities at Brightwater's aged care homes. The activity times and the types of activities vary between each home.