

General Activities Programme

Glenbrook Rest Home

Please look at whiteboard (opposite dining room) daily
for any last minute changes to the programme below

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday
10:30am	Morning Tea				
11:00am	Hairdresser Darts/Quiz/Crafts	11:15-11:45: Tai Chi, Walks/Darts	Housie	Exercises and Music	Mini Golf/Bowls
12:30pm	Lunch				
1:30pm	Manicures Talks Letter Writing	Scrabble and Board Games	Movies or Mixed Games	Games Talks Crafts	Scrabble
3:00pm	Afternoon Tea				

Other regular activities:

Outing in van 2 or 3 times a month.

Senior Citizens every 2nd Monday of the month at Waiuku Cosmopolitan Club.

Mobile library once a month.

Church service every 3rd Friday and 4th Wednesday of the month.

Walks before or after lunch, weather permitting.