

Hebert Health Rehabilitation - Activity Calendar

October 2020

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

KEY

Activity room.....A
 All Units.....AU
 Main Dining room.....MD
 Bus Trip.....BT
 Mail Delivered Monday-Saturday
 Hair Dresser Monday-Friday
 * Meals Times are approximate
 Breakfast-8-15 AM
 Lunch-12-15 noon
 Dinner-5-15 PM



8:00 News/Coffee-A 9:00 Leisure Activities-A 10:15 Exercise Class-A 10:40 Kick Ball-A 11:00 Rosary-MD 1:30 1-1 outside strolls-AU 3:30 Resident's choice video-AU 6:00 Bingo-A	4	9:45 1-1 Unit Activities-AU 10:15 Exercise Class-AU 10:40 Kick Ball-AU 11:00 Rosary-MD 1:00 Will Bowling -A 1:30 Bowling Wil-A 2:00 Afternoon video-AU 3:00 Trivia-AU 5:00 Family visits-A	5	9:45 1-1 Unit Activities-AU 10:15 Exercise Class-AU 10:40 Kick Ball-AU 11:00 Rosary-MD 1:30 Jewelry making -AU 2:00 Afternoon video-AU 4:30 1-1 facetime/calls-AU 6:00 Bingo-A	6	9:45 1-1 Unit Activities-AU 10:15 Exercise Class-AU 10:40 Kick Ball-AU 11:00 Rosary-MD 1:30 Will Bowling-A 1:30 Seasonal Craft - AU 2:00 Afternoon video-AU 5:00 Family visits-A	7	9:45 1-1 Unit Activities-AU 10:15 Exercise Class-AU 10:40 Kick Ball-AU 11:00 Rosary-MD 1:30 Pokemo-AU 2:00 Afternoon video-AU 4:30 1-1 facetime/calls-AU 6:00 Word Game-A	1	9:45 1-1 Unit Activities-AU 10:15 Exercise Class-AU 10:40 Kick Ball-AU 11:00 Rosary-MD 1:30 Pokemo-AU 2:00 Afternoon video-AU 3:30 Afternoon snack /Video -A 6:00 Family visits-A	2	8:00 News/Coffee-A 9:00 Leisure Activities-A 10:15 Exercise Class-A 10:40 Kick Ball-A 11:00 Rosary-MD 1:30 Special Snack and Movie Resident's Choice-AU 3:30 Resident's choice video-AU 6:00 word game - A	3
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