

Hebert Health Rehabilitation - Activity Calendar

DECEMBER 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

HELLO December

Day	Time	Activity
SUNDAY	8:00	News/Coffee-A
	9:00	Leisure activity-A
	10:15	Exercise Class-A
	10:40	Kick Ball-A
	11:00	Rosary-MD
MONDAY	8:00	Coffee /News -A
	9:00	Leisure activities-A
	10:15	Exercise Class-A
	10:40	Kick Ball-A
	11:00	Rosary-A
TUESDAY	8:00	Coffee /News -A
	9:00	Leisure activities-A
	10:15	Exercise Class-A
	10:40	Kick Ball-A
	11:00	Rosary-A
WEDNESDAY	8:00	Coffee /News -A
	9:00	Leisure activities-A
	10:15	Exercise Class-A
	10:40	Kick Ball-A
	11:00	Rosary-A
THURSDAY	8:00	Coffee /News -A
	9:00	Leisure activities-A
	10:15	Exercise Class-A
	10:40	Kick Ball-A
	11:00	Rosary-A
FRIDAY	8:00	Coffee /News -A
	9:00	Leisure activities-A
	10:15	Exercise Class-A
	10:40	Kick Ball-A
	11:00	Rosary-A
SATURDAY	8:00	News/Coffee-A
	9:00	Leisure activities-A
	10:15	Exercise Class-A
	10:40	Kick Ball-A
	11:00	Rosary-MD

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ACTIVITIES ARE SUBJECT TO CHANGE

HEBERT - ACT

KEY

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