

Weekly Calendar

| MON | TUE | WED | THU | FRI |
|----------------------------------|--------------------------------------|--------------------------------------|--|----------------------------------|
| 9am - 10am | 10am - 10.45am | 10.30am - 11.30am | 10am - 11am | 9am - 10am |
| Coffee & Tea Drop in Mornings | Group Strength Class w/ Sarah | Group Seated Dance w/ Melanie | Group Fitness Class w/ Sarah | Coffee & Tea Drop in Mornings |
| 1-2-1's | 12.30pm - 1.30pm | 11.30am - 12.30pm | 3.30pm - 4.30pm | 11am - 12pm |
| Physiotherapy (MSK/Neuro) | Arty Crafty Shakers | Group Relaxation Class w/ Melanie | Enjoyment of Movement w/Melanie | Group Singing (fortnightly) |
| Dietician | 11am - 12pm | 4pm-5pm | 1-2-1's | 1-2-1's |
| SLT | Group Fitness Class w/ Sarah | Qigong/Tai Chi w/ Paul Holden | Physiotherapy (MSK/Neuro) | Physiotherapy (MSK/Neuro) |
| Counselling | 2pm - 3pm | 1-2-1's | Dietician | Dietician |
| Sleep Clinic Assessments | Group Seated Neurocircuit w/Sarah | Physiotherapy (MSK/Neuro) | SLT | SLT |
| Occupational Therapy | 1-2-1's | Dietician | Counselling | Counselling |
| | Physiotherapy (MSK/Neuro) | SLT | Massage (Indian Head, Swedish, Reflexology) | Sleep Clinic Assessments |
| | Dietician | Counselling | Hot Stone Massage every other Thursday | Occupational Therapy |
| | SLT | Sleep Clinic Assessments | Sleep Clinic Assessments | |
| | Counselling | Acupuncture | Occupational Therapy | |
| | Sleep Clinic Assessments | Occupational Therapy | | |
| | Occupational Therapy | | | |