


# Bathurst Day Program Activity Planner

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	8:30am – 9:00am Transport	8:30am – 9:00am Transport	8:30am – 9:00am Transport	8:30am – 9:00am Transport	8:30am – 9:00am Transport
	Monday catch up Morning debrief of weekend	Community access - Library - Parks - Op Shops	Arts and crafts	Connection building Group games	FUN FRIDAY (Please see Fun Friday program for activity and cost)
	Cafe outing				
	Movement - Walk - Yoga - Just dance / Zumba	Research recipes for the following week	Cooking lunch	Swimming	
	Minute to win it games or Active hour	Relaxation Movie afternoon or board games	Science	Technology time	
	3:00pm – 3:30pm Transport	3:00pm – 3:30pm Transport	3:00pm – 3:30pm Transport	3:00pm – 3:30pm Transport	3:00pm – 3:30pm Transport