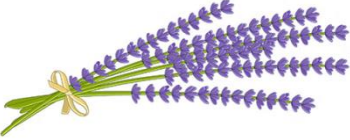







































Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>March</h1>						1 10:00 Exercise 5/6F 10:30 Exercise 4F 13:30 Bingo 5F 13:45 Bingo 6F 14:30 Bingo 4F 
2 10:00 Worship Service 1F  14:00 Colouring 4F 15:30 Friendly Visits 	3 09:30 Physio Exercise 5F 10:00 Morning Exercise 6F 10:30 Sing-Along 6F 10:30 Physio Exercise 4F 13:00 Arts & Crafts 4F 13:45 Arts & Crafts 6F 14:30 Arts & Crafts 5F 	4 09:30 Physio Exercise 5F 10:30 Physio Exercise 6F 10:30 Exercise/Sing-Along 4F 13:30 Hymns 5F 14:00 Hymns 6F 14:30 Hymns 4F 18:00 Movie 6F 	5 10:00 Exercise/Ball Game 5F 10:00 Morning Exercise 6F 10:30 Ball Game 6F 10:30 Physio Exercise 4F 13:30 Bingo 5F 13:45 Bingo 6F 14:30 Bingo 4F 	6 10:00 Morning Exercise 5F 10:00 Morning Exercise 6F 10:30 Morning Exercise 4F 11:00 Ball Game 4F 13:30 Sing-Along 5F 14:00 Sing-Along 6F 14:30 Sing-Along 4F 	7 10:00 Morning Exercise 6F 10:00 Morning Exercise 5F 10:30 Sing-Along 5F 10:30 Morning Exercise 4F 13:30 Korean Old Bakery 5F 	8 10:00 Exercise 5F 10:00 Exercise 6F 10:30 Exercise 4F 13:30 Bingo 5F 13:45 Bingo 6F 14:30 Bingo 4F 
9 10:00 Worship Service 1F  14:00 Colouring 6F 15:30 Friendly Visits 	10 09:30 Physio Exercise 5F 10:00 Morning Exercise 6F 10:30 Sing-Along 6F 10:30 Physio Exercise 4F 13:30 True & False Quiz 5/6F 14:30 True & False Quiz 4F 	11 09:30 Physio Exercise 5F 10:30 Physio Exercise 6F 10:30 Morning Exercise 4F 11:00 Sing-Along 4F 14:00 Hymns 5F 14:30 Catholic Service 6F 18:00 Movie 5F 	12 10:00 Exercise/Ball Game 5F 10:00 Morning Exercise 6F 10:30 Ball Game 6F 10:30 Physio Exercise 4F 14:00 Resident Council 5F 	13 10:00 Morning Exercise 5F 10:00 Morning Exercise 6F 10:30 Morning Exercise 4F 11:00 Ball Game 4F 13:30 Famous Arts 5F 14:00 Famous Arts 6F 14:30 Famous Arts 4F 	14 10:00 Exercise/Sing-Along 5F 10:00 Morning Exercise 6F 10:30 Worship Service 6F 10:30 Morning Exercise 4F 13:30 Hanca Dream Senior's Choir Concert 1F 	15 10:00 Exercise 5F 10:00 Exercise 6F 10:30 Exercise 4F 13:30 Bingo 5F 13:45 Bingo 6F 14:30 Bingo 4F 
16 10:00 Worship Service 1F  14:00 Colouring 5F 15:30 Friendly Visits 	17 09:30 Physio Exercise 5F 10:00 Morning Exercise 6F 10:30 Sing-Along 6F 10:30 Physio Exercise 4F 13:30 Yut Game 5F 14:30 Yut Game 4/6F 	18 09:30 Physio Exercise 5F 10:30 Physio Exercise 6F 10:30 Exercise/Sing-Along 4F 13:30 Bowling 5F 14:30 Bowling 4/6F 18:00 Movie 4F 	19 10:00 Exercise/Ball Game 5F 10:00 Exercise/Ball Game 6F 10:30 Physio Exercise 4F 13:30 Bingo 5F 13:45 Bingo 6F 14:30 Bingo 4F 	20 10:00 Morning Exercise 5F 10:00 Morning Exercise 6F 10:30 Exercise/Ball Game 4F 13:30 Sing-Along 5F 14:00 Sing-Along 6F 14:30 Sing-Along 4F 	21 10:00 Morning Exercise 6F 10:00 Morning Exercise 5F 10:30 Sing-Along 5F 10:30 Morning Exercise 4F 13:30 Birthday Party 1F 	22 10:00 Exercise 5F 10:00 Exercise 6F 10:30 Exercise 4F 13:30 Bingo 5F 13:45 Bingo 6F 14:30 Bingo 4F 
23 10:00 Worship Service 1F  14:00 Colouring 4F 15:30 Friendly Visits 	24 09:30 Physio Exercise 5F 10:00 Morning Exercise 6F 10:30 Sing-Along 6F 10:30 Physio Exercise 4F 13:00 Arts & Crafts 4F 13:45 Arts & Crafts 6F 14:30 Arts & Crafts 5F 	25 09:30 Physio Exercise 5F 10:30 Physio Exercise 6F 10:30 Morning Exercise 4F 11:00 Sing-Along 4F 14:00 Hymns 5F 14:30 Catholic Mass 6F 18:00 Movie 6F 	26 10:00 Exercise/Ball Game 5F 10:00 Morning Exercise 6F 10:30 Ball Game 6F 10:30 Physio Exercise 4F 13:30 Bingo 5F 13:45 Bingo 6F 14:30 Bingo 4F 	27 10:00 Morning Exercise 5F 10:00 Morning Exercise 6F 10:30 Morning Exercise 4F 11:00 Ball Game 4F 13:30 Monthly News 5F 14:00 Monthly News 6F 14:30 Monthly News 4F 	28 10:00 Morning Exercise 6F 10:00 Exercise/Sing-Along 5F 10:00 Morning Exercise 4F 10:30 Worship Service 4F 14:00 Bingo 6F 14:00 Cooking: Rice Cake 5F 	29 10:00 Exercise 5F 10:00 Exercise 6F 10:30 Exercise 4F 13:30 Bingo 5F 13:45 Bingo 6F 14:30 Bingo 4F 
30 10:00 Worship Service 1F  14:00 Colouring 6F 15:30 Friendly Visits 	31 09:30 Physio Exercise 5F 10:00 Exercise/Sing-Along 6F 10:30 Physio Exercise 4F 13:30 Word Game 5F 14:00 Word Game 6F 14:30 Word Game 4F 				 아리랑한인요양원 ARIRANG KOREAN LONG-TERM CARE	