



ACTIVITY SCHEDULE

An Example week

MONDAY

Armchair Exercises
Arts & Crafts Club

TUESDAY

Knit & Natter
Gents Club

WEDNESDAY

Pamper Morning
A Walk down memory lane

THURSDAY

Book Club
Live Music

FRIDAY

Darts & Dominoes
Sensory Session

SATURDAY

Coffee Morning
Movie Matinee

SUNDAY

Gardening Club
Prayer & Praise