

























FOXLEY HOUSE: ACTIVITY ROTA

	A.M	LUNCH	P.M
MONDAY	ARMCHAIR AEROBICS 		REMINISCENCE 
TUESDAY	 BALL GAMES		BINGO 
WEDNESDAY	ARMCHAIR AEROBICS 		BAKING 
THURSDAY	 NEWSPAPER READING		PAMPERING DAY 
FRIDAY	 ARMCHAIR AEROBICS		TEA DANCE 
SATURDAY	MOVIE DAY 		SHOP 
SUNDAY	SUNDAY SERVICE		AAAANNND DD RELAX!!













WEEK ONE

FOXLEY HOUSE: ACTIVITY ROTA

	A.M	LUNCH	P.M
MONDAY	NEWSPAPER READING 		 BOARD GAMES
TUESDAY	ARMCHAIR AEROBICS 		REMINISCENCE 
WEDNESDAY	 BALL GAMES		 ARTS & CRAFTS
THURSDAY	 ARMCHAIR AEROBICS		BINGO 
FRIDAY	 NEWSPAPER READING		 TEA DANCE
SATURDAY	MOVIE DAY 		SHOP 
SUNDAY	SUNDAY SERVICE		AAAANNND DD RELAX!!







WEEK TWO

FOXLEY HOUSE: ACTIVITY ROTA

	A.M	LUNCH	P.M
MONDAY	ARMCHAIR AEROBICS 		 BINGO
TUESDAY	 NEWSPAPER READING		PAMPERING DAY 
WEDNESDAY	ARMCHAIR AEROBICS 		 REMINISCENCE
THURSDAY	 BALL GAMES		CARDS/DOMINOS 
FRIDAY	ARMCHAIR AEROBICS 		 OUTINGS
SATURDAY	 MOVIE DAY		SHOP 
SUNDAY	SUNDAY SERVICE		AAAANNND DD RELAX!!

WEEK THREE

FOXLEY HOUSE: ACTIVITY ROTA

	A.M	LUNCH	P.M
MONDAY	 NEWSPAPER READING		 BOARD GAMES
TUESDAY	ARMCHAIR AEROBICS 		BINGO 
WEDNESDAY	 NEWSPAPER READING		 BAKING
THURSDAY	ARMCHAIR AEROBICS 		REMINISCENCE 
FRIDAY	 BALL GAMES		CROSSWORDS 
SATURDAY	MOVIE DAY 		 SHOP
SUNDAY	SUNDAY SERVICE		AAAANNND DD RELAX!!

WEEK FOUR