

Activities Planner

Week of:

Monday

Morning

Garden walk (weather permitting)

Afternoon

Pet therapy- Guide dog visit
Arts & Crafts
Oomph activities

Tuesday

Morning

Residents meeting
Scrabble/ board game

Afternoon

Musical entertainer- Vic Cracknell- Dance
Nail Salon day

Wednesday

Morning

Prayer group
Walk in the garden (weather permitting)
Oomph activities

Afternoon

Hairdresser Karen
Board games

Thursday

Morning

One to one chats
Seated yoga with Eva
Reflexology

Afternoon

Crafts and colouring
Excursion to Garden centre

Friday

Morning

One to one chats
Morning walk (weather permitting)
Oomph activities

Afternoon

Classic sitcoms
Ball games
Weekly Quiz

Saturday

Morning

One to one chats
Morning walk (weather permitting)
Oomph activities

Afternoon

Scrabble
Fabric darts

Sunday

Morning

Prayer group after breakfast
Garden walk (weather permitting)

Afternoon

Fabric darts and Activities with carers
Zumba