

Activities Planner

Week of: 02/10/2023

Monday

Morning G-Fitness (chair exercises)



Afternoon Pet Therapy



Tuesday

Morning Quizzes



Hairdresser (all day)

Afternoon

One to one pamper sessions



Wednesday

Morning Garden Club
Book Club



Afternoon Aromatherapy hand massages with Renska



Thursday

Morning Board games and puzzles



Afternoon Arts and crafts



Friday

Morning Mansel – Musical performance



Afternoon Knitting Club



Saturday

Morning Films and newspapers



Afternoon Music and movement



Sunday

Morning Local News
Family teas and coffees



Afternoon Songs of Praise

