

Sample Activities Planner

MORNING

AFTERNOON

MON

09:30 On your feet Ramble
10:00 Morning Coffee in the Cafe
10:30 Finish the Proverbs

13:30 School Days Reminiscence
15:30 Guest Speaker
18:00 Trivia Night

TUE

09:30 Exercise Class
10:00 Morning Coffee in the Cafe
10:30 This Day in History

13:30 Songs for Seniors Quiz
15:30 Baking with Sam - Shortbread Biscuits
18:00 Foot Spa/Hand Massage with Essential Oils

WED

09:30 On your feet Ramble
10:00 Morning Coffee in the Cafe
10:30 Rhyming Riddles Quiz

13:30 Craft Class - Make a Dream Tree
15:30 Church Service
18:00 Aromatherapy Bingo

THU

09:30 Movement to Music
10:00 Morning Coffee in the Cafe
10:30 Difficult Conversations Group - What is Safeguarding?

13:30 On your feet Ramble
15:30 Newspaper Club - This Week in News
18:00 Cheese and Wine Evening

FRI

09:30 On your feet Ramble
10:00 Morning Coffee in the Cafe
10:30 Music Bingo

13:30 Grow your own Herb Gardens
15:30 Seasonal Poetry
18:00 Sing-along for Seniors

SAT

09:30 Movement to Music
10:00 Morning Coffee in the Cafe
10:30 Food Quiz

13:30 Craft Class - Salt Dough Teddy Bear Making
15:30 Games Afternoon
18:00 Movie Evening

SUN

09:30 On your feet Ramble
10:00 Morning Coffee in the Cafe
10:30 Armchair Travel to South Africa with Chrisma

13:30 Rock on Rock Craft
15:30 Guess The Word Game
18:00 10 of the Best Things to See on the Internet this Week