







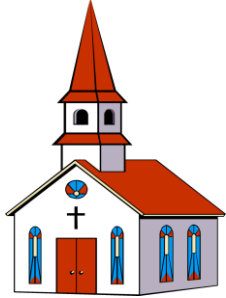









Brookdale Care Home - Wellbeing & Activity Programme.

Embrace the next chapter of life with

Monday 23 rd September	Tuesday 24 th September	Wednesday 25 th September	Thursday 26 th September	Friday 27 th September	Saturday 28 th September	Sunday 29 th September
<p>10:15AM Fitness Club Res & Dem Lounge</p>  <p>10:45AM Newspapers Monday News Botanical Café</p> 	<p>10:00AM Choir Club Res Lounge</p> <p>10:15AM Choir Club Dem Lounge</p> <p>10:30AM Botanical Café Social Morning</p> 	<p>10:00AM Ball Fitness Res Lounge</p> <p>10:15AM Ball Fitness Dem Lounge</p>  <p>10:30AM Botanical Café Social Morning</p> 	<p>10:00AM Choir Club Dem Lounge</p> <p>10:15AM Crossword Conundrum Res Lounge</p> <p>10:30AM Botanical Café Hot Chocolate Morning</p> 	<p>10:00AM Macmillan Coffee Morning Botanical Café</p> 	<p>10:00AM Fitness Club Res & Dem Lounge</p> <p>10:30AM Newspapers Monday News Botanical Café</p> <p>10:30AM Fiona 1'2'1 Room Visits Nail Care / Massages</p> 	<p>10:00AM Fitness Class Res & Dem</p> <p>10:30AM Spiritual Service Botanical Café</p> 
<p>1:30PM TV Show Games Dem Lounge</p> <p>2:00PM TV Show Games Res Lounge</p> 	<p>1:30PM Mindful Travel Experience Dem Lounge</p> <p>2:00PM Mindful Travel Experience Res Lounge</p> 	<p>1:30PM Ball Games Dem Lounge</p> <p>2:00PM Ball Games Res Lounge</p> 	<p>1:30PM Name That Tune Res Lounge</p> 	<p>2:00PM Macmillan Afternoon Live Saxophonist Afternoon Tea & Cakes</p> 	<p>1:30PM Prized Bingo Dem Lounge</p> <p>2:00PM Prized Bingo Res Lounge</p> 	<p>1:30PM Adult Colour Therapy Dem Lounge</p> <p>1:30PM Interactive Quiz Res Lounge</p> 
Monday Fiona	Tuesday Fiona	Wednesday Laura	Thursday Fiona	Friday Avril	Saturday Avril & Fiona	Sunday Avril

Wellbeing staff on duty please see above. Please note activities may be subject to change.

Fancy a puzzle on the go? Ask our activities team or care staff and they will provide you with a variety of puzzles to keep you busy 😊

