



Activities & Wellbeing

Weekly Programme



Monday - am. Coffee Morning | pm. Cabaret Evening

Tuesday - am. Active Fit - Pilates | pm. Afternoon Tea

Wednesday - am. Art Hub | pm. Cabaret Evening

Thursday - am. Salon Experience | pm. Cream Tea

Friday - am. Shopping Chaperone | pm. Games Evening

Saturday - am. Book Club | pm. Relax & Unwind

Sunday - am. Relax & Unwind | pm. Sherry & Drinks

