

Example

Weekly Activity

Each day offers choice, gentle structure, and the sense of being at home, with support always on hand when needed.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Flower arranging Karaoke	Art Therapy Indoor Bowls	Coffee Morning Baking Joe Bampton (Singer)	Pom Pom Making	Gentle armchair exercises	Cognitive Colouring	Choice of Communion
Art Therapy Garden High Tea with Sean Sage Entertainer and visit from Million memories pony's	Knit and Knatter Outing: Tweenies petting farm	Mini Market	Technology with tablet	Indoor bowling	Cinema afternoon	Pamper, Foot spa, face masks and manicures.
Cognitive Colouring Gentle Chair Exerices	One to One Reminiscence Parachute Aerobics	Pub Quiz	Gardening with Paul Outing: Bitton Railway	Culture Day with BBQ	Board games/Crosswords	Karaoke