



ARLINGTON MANOR ACTIVITY SCHEDULE



This week, we will be going on many walks through the village of Girton, enjoying seated yoga, the beautiful music of Georgie King, our Songs and Smiles group, and our Macmillan Coffee Morning!

Monday 25th September – Sunday 1st October | Group Activities and Wellbeing Programme

Monday 25 th September	Tuesday 26 th September	Wednesday 27 th September	Thursday 28 th September	Friday 29 th September	Saturday 30 th September	Sunday 1 st October
<p>10am – 11am COMMUNITY WALK GIRTON VILLAGE</p>	<p>10am – 4pm A Touch of Class with Yasmin (Nail and Massage Treatments) ARLINGTON MANOR</p>	<p>8am – 5pm Beauty Therapy with Maria (Nail and Massage Treatments) ARLINGTON MANOR</p>	<p>9:30am – 3:30pm Ellie's Hair Salon ARLINGTON MANOR</p>	<p>9:30am – 1pm Ellie's Hair Salon ARLINGTON MANOR</p>	<p>MARY F. BIRTHDAY</p>	<p>10:30am Onwards SHERRY SUNDAY ARLINGTON MANOR</p>
<p>10:30am – 11:15am LARGE CROSSWORD KINGS LOUNGE FIRST FLOOR</p>	<p>10:30am – 11:30am RESIDENTS ACTIVITIES MEETING CLARE LOUNGE GROUND FLOOR</p>	<p>10:30am – 11:30am QUIZ KINGS LOUNGE FIRST FLOOR</p>	<p>10am – 4pm A Touch of Class with Yasmin (Nail and Massage Treatments) ARLINGTON MANOR</p>	<p>10am – 12pm MACMILLAN COFFEE MORNING SELWYN CAFÉ/ CELEBRATIONS ROOM GROUND FLOOR Join us for coffee and cake in the café!</p>	<p>10:30am – 11:30am COMMUNITY WALK GIRTON VILLAGE</p>	<p>Enjoy a wide selection of drinks this morning, including Sherry, to Gin and Tonic, Whisky and more!</p>
<p>12pm – 12:30pm SEATED YOGA CINEMA ROOM GROUND FLOOR</p>	<p>11:45am – 12:45pm JULIE BRISTOW CRAFTS ROOM SECOND FLOOR</p>	<p>10:30am – 11am SEATED EXERCISE WITH KEL CINEMA ROOM GROUND FLOOR</p>	<p>10:30am – 11am SEATED EXERCISE WITH KEL CINEMA ROOM GROUND FLOOR</p>	<p>11am – 12pm FRANK TAYLOR SELWYN CAFÉ GROUND FLOOR</p>	<p>11:45am – 12:30pm COFFEE AND CHAT SELWYN CAFÉ / ARLINGTON GARDEN</p>	<p>2:30pm – 3:15pm QUIZ CELEBRATIONS ROOM GROUND FLOOR</p>
<p>3pm – 4pm CLASSICAL KITCHEN – BAKING PIZZAS CRAFTS ROOM SECOND FLOOR</p>	<p>12pm – 12:45pm HANGMAN CELEBRATIONS ROOM GROUND FLOOR</p>	<p>11am – 12pm SONGS AND SMILES! CLARE LOUNGE GROUND FLOOR</p>	<p>11:30am Onwards COMMUNITY WALK GIRTON VILLAGE</p>	<p>2:30pm – 3:30pm FOOD FORUM CLARE LOUNGE GROUND FLOOR</p>	<p>3pm – 4:30pm <i>Movie Afternoon</i> Goodnight Mister Tom (1998) CINEMA ROOM GROUND FLOOR <i>Starring John Thaw and Nick Robinson</i></p>	<p>3:30pm – 4:30pm PUZZLES, BOARD GAMES AND DOMINOES SELWYN CAFÉ/ CELEBRATIONS ROOM GROUND FLOOR</p>
<p>6:15pm – 9:25pm LIVE WOMENS FOOTBALL NETHERLANDS VS ENGLAND ITV4 CINEMA ROOM</p>	<p>3pm – 4pm GEORGIE KING SINGER SELWYN CAFE</p>	<p>3:30pm – 4:30pm MUSIC THERAPY WITH HOLLY SHIRRA SELWYN CAFE GROUND FLOOR</p>	<p>2:30pm – 3:15pm HYMNS AND PRAYERS CLARE LOUNGE GROUND FLOOR</p>	<p>4pm – 4:45pm HANGMAN CELEBRATIONS ROOM GROUND FLOOR</p>	<p>7:15pm – 10:25pm RUGBY WORLD CUP 2023 SCOTLAND VS ROMANIA ITV1 CINEMA ROOM</p>	<p>3:45pm – 4:30pm LARGE CROSSWORD KINGS LOUNGE FIRST FLOOR</p>
			<p>3:45pm – 4:30pm LARGE CROSSWORD KINGS LOUNGE FIRST FLOOR</p>	<p>4pm – 4:45pm FLOWER ARRANGING WINTER TERRACE SECOND FLOOR</p>		

Throughout the week, the Lifestyle's and the wider teams will be carrying out 1-1's, daily walks and garden engagements. These will be for all individuals, especially those who may require support with their daily tasks, and for further relationship-centred engagements in the day!