



Activities & Wellbeing

Weekly Programme



Monday - am. Coffee Morning | pm. Social Evening

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

Wednesday - am. Art Hub | pm. Knit & Natter

Thursday - am. Salon Experience | pm. Movie Night

Friday - am. Shopping Excursion | pm. Games Evening

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

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

