

Meadowside
Monthly Leisure & Lifestyle Activities
Programme & Important Days

HAPPY
DECEMBER

Your Choice
Barnet
PERSON CENTRED

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>30th AM - Relaxing Morning 3.30 - "Time to reflect", Cheese & Wine, Garden Lounge</p>	<p>31st  4pm—Party- Garden Lounge</p>	<p> A Christmas Party</p>	<p>Christmas BINGO </p>	<p></p>	<p>Activities with the Care Team on flats</p>	<p>1st  FIRST SUNDAY of Advent</p>
<p>2nd AM- Activities with the care team-flats 3.30 - Drinks & chat Indicability Day- flat 6</p>	<p>3rd International Day of Disability 3.30—Exercise & Music—Garden Lounge</p>	<p>4th AM - Hair Dressing PM - Put Christmas decorations up on flats with care team</p>	<p>5th AM - Put Christmas decorations up on flats with care team PM—Activity with the care team on flats</p>	<p>6th AM—Activity with the care team on flats PM—Activity with the care team on all flats</p>	<p>7th Activities with the Care Team on flats</p>	<p>8th  Happy Sunday!</p>
<p>9th AM—Activity with the care team on flats 3.30—Bingo—flat 6</p>	<p>10th AM - Activity with the care team on all flats 3.30 - Exercise & Music,Garden Lounge</p>	<p>11th AM—Hair Dressing PM—Activity with the care team on flats</p>	<p>12th  A Christmas Party 4pm—flats 1,3 & 4 Garden lounge</p>	<p>13th 10am - Outing, Show & Lunch - Art Depot, Finchley 3.30—Making Pomanders—flat 3</p>	<p>14th Activities with the care Team on flats</p>	<p>15th  HAPPY SUNDAY enjoy THE DAY!</p>
<p>16th AM - Activity with the care team on flats 3.30 - Christmas Craft - Making Orange Pomanders—Garden Lounge</p>	<p>17th  CHRISTMAS PARTY 4pm-Party-flats 5 & 6 Garden Lounge</p>	<p>18th AM - Hair Dressing 3.30 - Craft, Making Orange Pomanders— flat 1</p>	<p>19th 11.15—Exercise & Music—Garden Lounge PM—Activity with the care team on flats</p>	<p>20th 10.45 - Christmas Choir by "The Meadowers" - Garden Lounge PM - Activity with the care team on flats</p>	<p>21st  THE SHORTEST DAY IN YEAR 21ST DECEMBER</p>	<p>22nd  MERRY CHRISTMAS</p>
<p>23rd AM-Activity with the care team on flats 6pm—Outing Christmas Lights, West End London</p>	<p>24th  MERRY CHRISTMAS EVE TO ALL.</p>	<p>25th  Merry Christmas</p>	<p>26th  HAPPY BOXING DAY DECEMBER 26</p>	<p>27th Activities with the Care Team on flats Relax with some old Christmas Shows, on the Television</p>	<p>28th Activities with the care team on all flats</p>	<p>29th  Happy Hanukkah</p>

HIGHLIGHT OF THE MONTH



Thursday 12th - 4pm Christmas Party, Music & buffet for flats 1,3 & 4, Garden Lounge

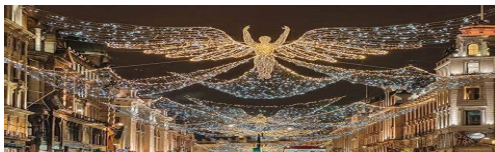
Tuesday 17th - 4pm- Christmas Party, Music & buffet For flats 5 & 6, Garden Lounge



Friday 13th 10am - Outing, Musical Show & Lunch, Art Depot, Finchley



Friday 20th - 3.30pm, Choir by "The Meadows" – Mince pies & mulled wine in the Garden Lounge



Monday 23rd - 6pm, Outing to see London Christmas Lights



Tuesday 31st - 4pm, Party, music & buffet in the Garden Lounge

MONTHLY LEISURE & LIFESTYLE ACTIVITIES

Activities with the care teams on all flats

Exercise and Music with VIE in the garden Lounge.

And other activities on flats and Garden Lounge

Please the Programme for more details.



Wishing you
Merry
Christmas
& A Very
Happy New
Year



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