

Meadowside
Monthly Leisure & Lifestyle Activities
Programme & Important Days



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1st AM—Activity with the care team on flats 3.30—Knit-n-Natter-Garden Lounge	2nd AM—Activity with the care team on flats 3.30—Exercise & Music with VIE—Garden Lounge	3rd Hair Dressing 3.30—"Happy Memory" Artwork Garden Lounge	4th 11.30—Art—flat 1 3.30—Music by George Ritchie – Garden Lounge	5th 11.30—Catholic Service by Noreen on all flats 3.30—Paper Mache art Garden Lounge	6th Activity with the care team on all flats	7th 
8th AM—Activity with the care team on all flats 3.30—Painting--Garden Lounge	9th AM—Activity with the care team on flats 3.30—Exercise & Music—Garden Lounge	10th Hair Dressing 3.30—"Gentlemen's" club with Steve—Garden Lounge	11th 11.30—Coffee Morning—Garden Lounge PM—Activity with the care team on all flats	12th 11.30—Catholic Service by Noreen-flats 3.30—Celebrating "Notting Hill Carnival" With Jaun-3.30-Gar. L	13th Activity with the care team on all flats	14th 
15th AM—Activity with the care team on all flats 3.30—"Hola" Learn Spanish—Garden Lounge	16th AM—Activity with the care team on flats 3.30—Exercise & Music—Garden Lounge	17th Hair Dressing 3.30—Celebrating Rosh Hashanah, Jewish New Year—Garden Lounge	18th 10.45—Visit by Toddlers from Nursery—Garden L 3pm—Baking- Cup Cake Making—flat 5	19th 11.30—Catholic Service on flats 3.30—Flower Arranging--Garden Lounge	20th Activity with the care team on all flats	21st 
22nd AM—Activity with the care team on all flats 3.30—Dance performance by Victoria—Garden L	23rd Happy Rosh Hashanah Jewish New Year 3.30—Exercise & Music—Garden Lounge	24th Hair Dressing 3.30—Celebrating "Power of Art" in the Care Homes, Craft—Garden Lounge	25th AM—Activity with the care team 3.30—"Gentlemen's Club" with Steve—Garden Lounge	26th 11.30-Catholic Service On all flats. Resident's Meeting Garden Lounge 3.30—Sewing—G.L.	27th Activity with the care team on all flats	28th 
29th AM—Activity with the care team on flats 3.30— Button Art—Garden lounge	30th AM—Activity with the Care Team on all flats 3.30—Exercise & Music by VIE—Garden Lounge					

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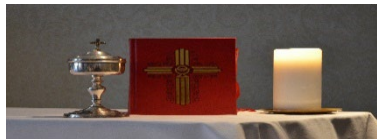
AHIGHLIGHTS OF THE MONTH



Monday, 1st & 8th—Knitting Club—Garden Lounge



Thursday 11th, Coffee Morning—Garden Lounge



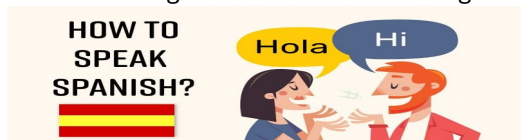
Friday 5th, 12th, 19th, & 26th 11.30—Catholic Service, on flats



Wednesday 10th & Thursday 25th 3.30—Garden Lounge



Celebrating with Jaun—Garden Lounge



Monday 15th, Learn Spanish-3.30—Garden Lounge



Wednesday 17th, 3.30—Celebrating Rosa Hasanah, Jewish New Year—Garden Lounge



Wednesday 24th Power of Art-3.30—Garden Lounge

MONTHLY LEISURE & LIFESTYLE ACTIVITIES



Tuesday, 2, 9, 16th, 23rd & 30th-3.30--Exercise and Music with VIE in the Garden Lounge.



Visit by Toddlers-Thursday 18th 10.45
Garden Lounge



Friday 26th 11.30, Resident's Meeting



Coffee Mornings Friday 11th 11.30 Garden Lounge

Activities with the care team on flats and Activities in the Garden Lounge.



Catholic Service, 5th, 12th, 19th & 26th 11.30 On flats



Visit by the Synagogue, once or twice a month on flats

Please see the Programme for more information



Your Leisure & Lifestyle Organiser continues to plan your Monthly Activities Programmes based on the things you enjoy and discussed in your monthly meetings,

This programme is for you to plan the activities you would like to participate in and would like your family or friends to join you in.

Activities and venue can be cancelled at short notice, to incorporate other activity or for any unforeseen circumstances.

You will be informed of any changes.

Outings will depend on availability of transport and the weather

All residents are urged to participate in all or most activities offered, ultimately, participation is on voluntary basis and is the Resident's Choice.



Thursday 24th

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