

Meadowside
Monthly Leisure & Lifestyle Activities
Programme & Important Days



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		 Canal Boat		1st 11.30—Catholic Service by Noreen on all flats 3.30—Fun with OMI—flat 5	2nd Activity with the care team on all flats	3rd
4th 3.30—Fun with OMI—flat 6 3.30-- "Knit-n-Natter" Club—Garden Lounge	5th AM—Activity with the care team on flats 3.30—Exercise & Music—Garden Lounge	6th Hair Dressing 3.30—Art—Garden Lounge	7th 10am—Outing, Enjoy a Picnic at the Kew Gardens— 3.30—One-to-One—	8th 11.30—Catholic Service by Noreen on all flats 3.30--One-to-One—flat 3	9th Activity with the care team on all flats	10th
11th AM—Activity with the care team on all flats 3.30—Reminiscence flat 6	12th 11.30—One-to-One—flat 1 3.30—Exercise & Music—Garden Lounge	13th Hair Dressing 3.30—Gentlemen's Club with Steve—Garden Lounge	14th 9.30—Outing -- Lunch in Southend Sea- Side One-to-One on flats	15th 11.30—Catholic Service on flats 3.30—Reminiscence-picture cards flat 4	16th Activity with the care team on all flats	17th
18th AM—Activity with the care team on all flats 3.30-- "Knit-n-Natter" Garden Lounge	19th 11.30—One-to-One—flat 5 3.30—Exercise & Music—Garden Lounge	20th Hair Dressing 3.30—Art—Garden Lounge	21st 11.30—One-to-One —flat--1 3.30—Entertainment by Ronnie—Garden Lounge	22nd 11.30-Catholic Service On all flats. Resident's Meeting Garden Lounge 3.30—Reminiscence-Picture cards--Flat 3	23rd 	24th
25th 	26th 9am---Outing, Lunch on the Canal Boat One-to-One on flats	27th Hair Dressing 3.30—One-to-One—flats 5 & 6	28th 11.30—Craft—Garden Lounge 3.30—Gentlemen's Club—Garden Lounge	29th 11.30—Coffee Morning—Garden PM—Activity with the care team on flats	30th Activity with the care team on all flats	31st

HIGHLIGHTS OF THE MONTH



Thursday 7th 10am, Picnic at the Kew Garden--Kensington



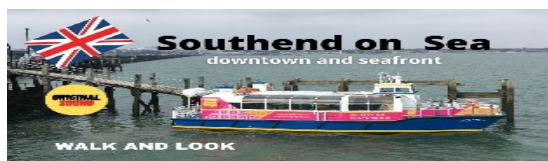
Monday, 4th, 18th—Knitting Club—Garden Lounge



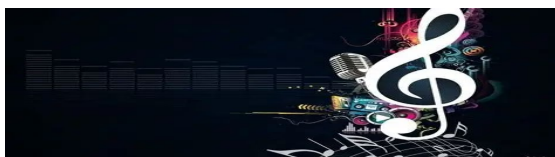
Friday 1st, 8th, 15th, 22nd & 29th 11.30—Catholic Service, on flats



Wednesday 13th & Thursday 28th, 3.30—Garden Lounge



Thursday 14th, 9.30—Lunch in Southend



Entertainment by Ronnie, Thursday 21st—Garden L



Tuesday 26th, 9am—Lunch on the Canal Boat

MONTHLY LEISURE & LIFESTYLE ACTIVITIES



Tuesday, 5th, 12th, and 19th--3.30--Exercise and Music with VIE in the Garden Lounge.



Visit by Toddlers-
Garden Lounge



Friday 22nd 11.30, Resident's Meeting



Coffee Mornings Friday 29th 11.30 Garden Lounge

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



Catholic Service, 1st, 8th, 15th, 22nd & 29th, 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.



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