




Meadowside
Monthly Leisure & Lifestyle Activities
Programme & Important Days



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 st AM—Activity with the care team on flats 3.30—Exercise and Music with VIE—Garden Lounge	2 nd AM---Hair Dressing 3.30—Art—Garden Lounge	3 rd 11.30—Fun with OMI—flat 5 PM—Activity with care team on flats	4 th 11.30—Catholic Service on flats  3.30—With Steve—Garden Lounge	5 th Activities with the Care Team on flats	6 th 
7 th 11.30—Fun with OMI—flat 3 3.30— “Knit-n-Natter” Garden Lounge	8 th 11.30—One-to-One--flat 1 3.30—Exercise and Music—Garden Lounge	9 th AM—Hair Dressing 3pm—Tea & Cakes at “The Shire Golf Course” --Barnet	10 th 11.30—Coffee Morning--Garden 3.30—One-to-One—flat 4	11 th 11.30—Catholic Service on flats 3.30—Gentlemen’s Club—Garden L	12 th Activity with the care team on flats	13 th  Last Day Wimbledon
14 th AM—Activity with the care team on fl PM—Activity with the care team-flats	15 th 12.30—B B Q-Party 	16 th AM--Hair Dressing 3.30—Gentlemen’s Club—Garden Lounge	17 th AM—Activity with the care team on flats 3.30— “Knit-N-Natter—Garden L	18 th 11.30—Catholic Service on flats 3pm— “Ice Cream Parlour”—Garden L.	19 th Activity with the care team on flats	20 th 
21 st AM—Activity with the care team on flats PM—Activity with care team on flats	22 nd AM—Activity with the care team on flat 3.30—Exercise and Music—Garden L	23 rd AM—Hair Dressing 3.30—Art—Garden Lounge	24 th AM—Activity with the care team 3.30—Dance Performance by Victoria—Garden L	25 th 11.30—Catholic Service on flats and Residents’ Meeting—Garden Lounge	26 th Activities with the Care Team on flats	27 th 
28 th AM—Activity with the care team on the flat 3.30-- “Hola” Learn Spanish—Garden L	29 th AM—Activity with the care team on flats 3.30—Exercise and Music—Garden Lounge	30 th 3pm—Celebrating “Strawberry Day”—G L 	31 st AM—Activity with the care team on flats PM—Activity with the care team on flats			 SPEAK SPANISH LIKE A NATIVE JADAK.T BAIRD

GHLIGHT OF THE MONTH



Friday 4th ,3.30---Garden Lounge



Monday 7th & 17th 3.30—Garden Lounge



Wednesday 9th 3pm—Tea & Cakes- Barnet



Friday 11th , Wednesday 16th-3.30—GL



Tuesday 15th , 12noon—Garden



Friday 18th—3pm—Garden



Thursday 24th 3.30—Garden Lounge



Wednesday 30th 3pm—Garden Lounge

MONTHLY LEISURE & LIFESTYLE ACTIVITIES



Friday 4th , 11th , 18th , & 25th on flats

Activities with the care teams on all flats



Tuesday, 1st, 8th , 22nd , & 29th --3.30--Exercise and Music with VIE in the Garden Lounge.



Coffee Morning Thursday 10th 11.30--Garden



Friday 25th 11.30—Residents' Meeting—GL

Please see the Programme for more info.



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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