

**Meadowside**  
**Monthly Leisure & Lifestyle Activities**  
**Programme & Important Days**



| Monday  | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday  | Sunday  |
|---|--|---|--|--|---|---|
|                      | 1 <sup>st</sup><br>AM—Activity with the care team on flats<br>3.30—Exercise and Music with VIE—Garden Lounge               | 2 <sup>nd</sup><br>AM---Hair Dressing<br>3.30—Art—Garden Lounge   | 3 <sup>rd</sup><br>11.30—Fun with OMI—flat 5<br>PM—Activity with care team on flats                    | 4 <sup>th</sup><br>11.30—Catholic Service on flats<br><br>3.30—With Steve—Garden Lounge | 5 <sup>th</sup><br>Activities with the Care Team on flats                             | 6 <sup>th</sup><br>                        |
| 7 <sup>th</sup><br>11.30—Fun with OMI—flat 3<br>3.30—“Knit-n-Natter” Garden Lounge                    | 8 <sup>th</sup><br>11.30—One-to-One--flat 1<br>3.30—Exercise and Music—Garden Lounge                                       | 9 <sup>th</sup><br>AM—Hair Dressing<br>3pm—Tea & Cakes at “The Shire Golf Course” --Barnet  | 10 <sup>th</sup><br>11.30—Coffee Morning--Garden<br>3.30—One-to-One—flat 4                             | 11 <sup>th</sup><br>11.30—Catholic Service on flats<br>3.30—Gentlemen’s Club—Garden L  | 12 <sup>th</sup><br>Activity with the care team on flats                              | 13 <sup>th</sup><br><br>Last Day Wimbledon |
| 14 <sup>th</sup><br>AM—Activity with the care team on fl<br>PM—Activity with the care team--flats     | 15 <sup>th</sup><br>12.30—B B Q-Party<br> | 16 <sup>th</sup><br>AM--Hair Dressing<br>3.30—Gentlemen’s Club—Garden Lounge  | 17 <sup>th</sup><br>AM—Activity with the care team on flats<br>3.30—“Knit-N-Natter—Garden L            | 18 <sup>th</sup><br>11.30—Catholic Service on flats<br>3pm—“Ice Cream Parlour”—Garden L.   | 19 <sup>th</sup><br>Activity with the care team on flats                              | 20 <sup>th</sup><br>                       |
| 21 <sup>st</sup><br>AM—Activity with the care team on flats<br>PM—Activity with care team on flats    | 22 <sup>nd</sup><br>AM—Activity with the care team on flat<br>3.30—Exercise and Music—Garden L                             | 23 <sup>rd</sup><br>AM—Hair Dressing<br>3.30—Art—Garden Lounge  | 24 <sup>th</sup><br>AM—Activity with the care team<br>3.30—Dance Performance by Victoria—Garden L      | 25 <sup>th</sup><br>11.30—Catholic Service on flats and Residents’ Meeting—Garden Lounge   | 26 <sup>th</sup><br>Activities with the Care Team on flats                            | 27 <sup>th</sup><br>                     |
| 28 <sup>th</sup><br>AM—Activity with the care team on the flat<br>3.30--“Hola” Learn Spanish—Garden L | 29 <sup>th</sup><br>AM—Activity with the care team on flats<br>3.30—Exercise and Music—Garden Lounge                       | 30 <sup>th</sup><br>3pm—Celebrating “Strawberry Day”—G L<br> | 31 <sup>st</sup><br>AM—Activity with the care team on flats<br>PM—Activity with the care team on flats |   |  |    |

## GHLIGHT OF THE MONTH



Friday 4<sup>th</sup> ,3.30---Garden Lounge



Monday 7<sup>th</sup> & 17<sup>th</sup> 3.30—Garden Lounge



Wednesday 9<sup>th</sup> 3pm—Tea & Cakes- Barnet



Friday 11<sup>th</sup> , Wednesday 16<sup>th</sup>-3.30—GL



Tuesday 15<sup>th</sup> , 12noon—Garden



Friday 18<sup>th</sup>—3pm—Garden



Thursday 24<sup>th</sup> 3.30—Garden Lounge



Wednesday 30<sup>th</sup> 3pm—Garden Lounge

## MONTHLY LEISURE & LIFESTYLE ACTIVITIES



Friday 4<sup>th</sup> , 11<sup>th</sup> , 18<sup>th</sup> , & 25<sup>th</sup> on flats

Activities with the care teams on all flats



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



Coffee Morning Thursday 10<sup>th</sup> 11.30--Garden



Friday 25<sup>th</sup> 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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