

Meadowside
Monthly Leisure & Lifestyle
Activities Programme & Important
Days



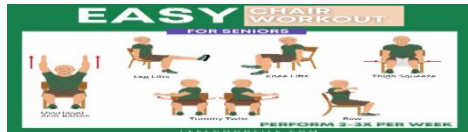
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31st 	 Celebrating Residents' August Birthdays				1st Activity with the care team on flats or weather permitting enjoy a cup of tea in the Garden	2nd 
3rd AM—Activity with the care team on flats or garden 3.30—Fun with OMI—flat 3	4th 11.30—Fun with OMI—flat 1 3.30—Exercise with Music by VIE	5th Hair Dressing 3.30—“Gentlemen’s Club” with Steve—Garden / Longe	6th 11am—Coffee Morning—Garden / Lounge 3.30—One-to-One Session	7th Activities with the care team on flats or weather permitting enjoy a cup of tea in the garden	8th Activity with the care team on flats or weather permitting enjoy a cup of tea in the Garden	9th 
10th Activities with the care team on flats or weather permitting enjoy a cup of tea in the garden	11th AM—Activity with the care team—on flats /garden 3.30--Exercise with Music by VIE	12th Hair Dressing 12noon—Outing Lunch at The Jolly Farmers Pub, Enfield	13th 3pm—Celebrating Residents’ August Birthdays-Entertainment by Racheal—Garden	14th 11.30—Craft, making picture frame 3.30—Craft, Flower wall hanging—Garden Lounge	15th Activity with the care team on flats or weather permitting enjoy a cup of tea in the Garden	16th 
17th AM—Activity with the care team on flats 3.30—Craft, decorate picture frames--Garden Lounge	18th 11.30—One-to-One Session 3.30—Exercise with Music by VIE	19th Hairdressing 3.30—Ice Cream Parlour—Garden / Lounge	20th AM—Activity with the care team on flats 3.30—Games Afternoon	21st 9.30—Outing--Lunch on the Canal Barge Hemel Hempstead	22nd Activity with the care team on flats or weather permitting enjoy a cup of tea in the Garden	23rd 
24th 11.30—Games 3.30—Try Exotic Fruits Garden Lounge	25th 11.30—Games 3.30—Exercise with Music by VIE	26th Hair Dressing 3.30—“Gentlemen’s Club with Steve—Garden / Lounge	27th AM—Activity with the care team on flats 2pm—“Pet Therapy” visit by “Birds”—Garden / Lounge	28th 11.30—Resident’s Meeting—Garden PM—Activity with the care team on flats or garden	29th Activity with the care team on flats or weather permitting in the Garden	30th 

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HIGHLIGHTS OF THE MONTH



Wednesday, 5th & 26th--3.30pm
Gentlemen's Club in the Garden Lounge



Exercise VIE Tuesday 4th, 11th, 18th & 25th 3.30—Garden L.



Wednesday 12th, 12noon, outing Pub Lunch



Thursday 13th 3pm Celebrating August Birthdays- Garden



Friday 21st, 9am—Outing, Lunch on the Canal Barge



Wednesday 19th August, 3.30—Garden / Lounge



Thursday 27th 2pm, Pet Therapy —Garden Lounge

MONTHLY LEISURE & LIFESTYLE ACTIVITIES



Tuesday 14th, 21st, 28th -- 3.30pm
Exercise and Music with VIE in the Garden Lounge



Thursday 16th at 10.45am
Visit by Toddlers-Garden Lounge



Friday 28th at 11:30am
Resident's Meeting—Garden Lounge



Coffee Morning Thursday 6th--11am
In the Garden



Every other Friday 14th & 28th at 11:30am
Catholic Service from residents' flats



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



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 residents choice.



