

Meadowside  
Monthly Leisure & Lifestyle Activities  
Programme & Important Days



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>1<sup>st</sup> AM—Activity with the care team</p>	<p>2<sup>nd</sup> AM—Activity with the care team  3:30pm-Exercise and music</p>	<p>3<sup>rd</sup> AM Hair Dressing  3:30pm- Art, Leaf Painting/ Printing</p>	<p>4<sup>th</sup> 11am-Coffee Morning in the Garden  3:30pm “Gentlemen’s Club”</p>	<p>5<sup>th</sup> 11:30am-Church services and — Activity with Lara  PM-Activity with the care team</p>	<p>6<sup>th</sup>  Activity with the care team on flats</p>	<p>7<sup>th</sup> </p>
<p>8<sup>th</sup> 3pm-Afternoon Tea in the Garden</p>	<p>9<sup>th</sup> AM-Activity with the Care team 3:30pm-Exercise and music</p>	<p>10<sup>th</sup> AM-Hair Dressing  3:30pm- “Knit-n-Natter”</p>	<p>11<sup>th</sup> 11:30am-Baking cup cakes  3:30pm-Music by Clare</p>	<p>12<sup>th</sup> Organ playing (morning and afternoon sessions)</p>	<p>13<sup>th</sup>  Activity with the care team on flats</p>	<p>14<sup>th</sup> </p>
<p>15<sup>th</sup> 11:30am-Yoga in the Garden Lounge  3:30pm-Baking cup cakes</p>	<p>16<sup>th</sup> 3:30pm-Exercise and music</p>	<p>17<sup>th</sup> AM--Hair Dressing  3:30pm-Craft, Flower Making</p>	<p>18<sup>th</sup> 3:30pm-Organ playing</p>	<p>19<sup>th</sup> AM-Church service  11am- “This is your Life” by Cliff</p>	<p>20<sup>th</sup> </p>	<p>21<sup>st</sup>  Longest Day</p>
<p>22<sup>nd</sup> 12 noon-Father’s Day Lunch Outing  3:30pm-Games</p>	<p>23<sup>rd</sup> AM-Activity with the care team  3:30pm-Exercise &amp; music</p>	<p>24<sup>th</sup> AM--Hair Dressing</p>	<p>25<sup>th</sup> 11:20am-Resident’s Meeting  3pm-Baking cup cakes</p>	<p>26<sup>th</sup> 10am-Concert  3:30pm-Art in the Garden Lounge</p>	<p>27<sup>th</sup>  Activity with care team on flats</p>	<p>28<sup>th</sup>  3pm-Afternoon tea with Family &amp; Friends</p>
<p>29<sup>th</sup> Wimbledon Starts  3:30pm-Tea &amp; Cake in the Garden</p>	<p>30<sup>th</sup> AM-Activity with the care team  3:30pm-Exercise and music</p>					

## HIGHLIGHTS OF THE MONTH



Thursday 4th 3.30pm—Garden Lounge

Friday 5<sup>th</sup> 11.30-- Activity with Lara—  
Garden Lounge

Thursday 11<sup>th</sup>, 3.30—Entertainment by Clare  
Garden Lounge



Monday 15<sup>th</sup> 11.30—Chair Yogo—Garden Lounge



Monday 19th 11am by Cliff Hern—Flat 2



Thursday 18th, 10.45am, visit by Toddlers—Garden  
Lounge



Monday 22<sup>nd</sup>—Outing, Pub Lunch, 12 noon, Father's  
Day



Wednesday, 24<sup>th</sup> 3.30—Fruit Tasting—Garden  
Lounge

Friday 26<sup>th</sup> 10am, Outing-- School Concert

## MONTHLY LEISURE & LIFESTYLE ACTIVITIES



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



Thursday 25<sup>th</sup> 11.30, Resident's Meeting—  
Garden Lounge



Coffee Mornings, Thursday 11am

Activities with the care team on flats



Catholic Service, Fridays 5<sup>th</sup> & 19<sup>th</sup> 11.30 on  
flats



Visit by Volunteer from the Synagogue, once  
or twice a month, on flats  
For more information, please see the  
programme



*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 ultimately, participation is on voluntary basis and is the Resident's Choice.*



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