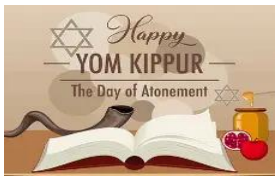


Meadowside
Monthly Leisure & Lifestyle
Activities Programme & Important
Days



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1st 11am—Coffee Morning 3.30—Exercise with Music by VIE	2nd AM—Hair Dressing 3.30— Painting wooden Tree hanging	3rd AM—Activity with the care team on flats 3.30—One-to-One	4th 11am—Coffee Morning—Garden 3.30—Reminiscence, Pictures cards	5th Activity with the care team on flats or weather permitting enjoy a cup of tea in the Garden	6th 
7th AM—Activity with the care team on flats 3.30—Reminiscence—	8th 11.30—Parachute—flat 1 3.30—Exercise with Music by VIE	9th AM—Hair Dressing Activity with the care team on flats or in the garden	10th 4pm—Picnic in Meadowside Garden ang games	11th 11.30—Church Service by Noreen on flats 3.30—Games Afternoon	12th 	13th Happy Rosh Hashanah 4pm, ShofarBlowing by John
14th AM—Activity with care team on flats or garden 3.30—Cup Cake decorating	15th 11.30—Fun with OMI 3.30—Exercise With Music by VIE	16th AM—Hair Dressing 3.30—Games Afternoon	17th 3.30— “Gentlemen’s Club”	18th Activities with the care team on flats or weather permitting in the garden	19th Activity with the care team on flats or weather permitting enjoy a cup of tea in the Garden	20th 
21st 	22nd AM—Activity with the care team on flats 3.30—Exercise with Music by VIE	23rd AM—Hair Dressing Activities with the care team on flats or weather permitting in the garden	24th 11.30—Residents’ Meeting 2pm--Pet Therapy- Visit by Piglets-- Garden Lounge	25th 11.30—Church Service by Noreen on flats .PM- Activity with the care team on flats	26th 	27th 
28th Activities with the care team on flats or weather permitting in the garden	29th AM—Activity with the care team on flats 3.30---Exercise With Music by VIE	30th AM—Hair Dressing 3.30— “Gentlemen’s Club”			Activity with care team on flats or cup of tea in the garden	HAPPY Sunday 

HIGHLIGHTS OF THE MONTH



Thursday 17th & Wednesday 30th--3.30pm
Gentlemen's Club in the Garden Lounge



Exercise VIE Tuesday 2nd, 8th, 15th, 22nd & 29th 3.30—On
flats 4 and 6



Thursday 10th 4pm, Picnic in the Garden



Sunday 13th, 4pm—Shofar Blowing by John—flat 6
Apple and Honey Will be served



Thursday 24th 2pm, Pet Therapy, visit by piglets—garden
Lounge

MONTHLY LEISURE & LIFESTYLE ACTIVITIES



Tuesday -- 3.30pm
Exercise and Music with VIE on flats 4 & 6



Thursday 17th 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.



