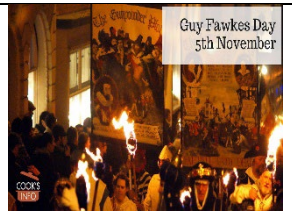
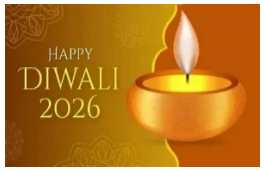
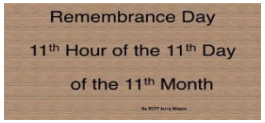
Meadowside

Monthly Leisure & Lifestyle Activities Programme & Important Days



Your Choice Barnet
PERSON CENTRED

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30th **Happy St. Andrew's Day** 3.30--Entertainment By Camilo—Garden Lounge						**1st** Family and friends time. Activity with carers on flats
2nd 11.30—Making Poppies—flat 4 3.30—Making Poppies Flat 6	**3rd** 11.30—Making Poppies—flat 1 3.30—Exercise & Music by VIE—flat 4	**4th** Hair Dressing **Celebrating Diwali** **1`pm—Enjoy an Indian Lunch on Flats** 2.30—Making Poppies flat 3	**5th**  5pm-Bonfire Buffet on all flats	**6th** 11.30-Catholic Service on flats 3.30—Music Therapy with Camilio –flat 1	**7th** 	**8th** 
9th 11.30—Christmas cards—flat 4 3.30—Christmas Cards—flat 3	**10th** 11.30—Christmas Cards—flat 1 3.30—Exercise & Music by VIE—flat 6	**11th**  3.30—Men's Club Garden Lounge	**12th** AM—Activity with the care team on flats 3.30—Christmas Cards—Flat 6	**13th** 11.30—Making Christmas Cards—flat 5 3.30—Music Therapy with Camilio—fts 3 & 4	**14th** Activities with the care team on flats	**15th** Family and friends time. Activity with carers on flats
16th AM Activity with the care team on flats 3.30—Christmas Craft Flat 6	**17th** 11.30—Christmas Craft—flat 1 3.30---Exercise & Music by VIE—flat 4	**18th** Hair Dressing 3.30—Christmas Craft—flat 3	**19th** 10.45—Visit By Toddlers—Garden Lounge 3.30—Christmas craft–flat 4	**20th** Catholic Service on flats 11.30—Resident's Meeting—Garden lounge	**21st** Activities with the care team on flats	**22nd** Family And friend's time. Activity with carer on flats
23rd 11am Coffee Morning—Garden Lounge 3.30—Men's Club—Garden Lounge	**24th** 11.30—Let's make Music on the Keyboard—flat 1 3.30—Exercise with Music—flat 6	**25th** Hair Dressing 3.30—Animal Bingo—flat 4	**26th** Am—Activity with the care team flats 3.30— Reminiscence Picture Cards-Flat 3	**27th** Activity with the care team on flats 3.30—Games Afternoon—flat 6	**28th** Activity with the care team on flats	**29th** Family and friends time. Activity with carers on flats

HIGHLIGHTS OF THE MONTH



Monday 5th , Guy Fawkes Day Buffet 5pm on flats



Music Therapy by Camilo
Friday 3.30-flat 6 & 13th-flats 3/4



Saturday 4th 1pm Indian Lunch on flats





Wednesday, 11th & 23rd 3.30pm
Gentlemen's Club in the Garden Lounge



Exercise VIE 3.30, Tuesday3rd & 17th—flat 4 .
10th & 25th –flat 6



Monday3.30—Entertainment by Camilo—Garden Lounge

MONTHLY LEISURE & LIFESTYLE ACTIVITIES



Tuesday **3.30--** 6th & 20th on flat 4. 13th & 27th on flat 6
Exercise and Music with VIE



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



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



Coffee Morning Monday 12th-11.30
Garden lounge



Every other Friday, 9th & 23rd at 11:30am
Catholic Service by Noreen on all 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.