





Sample Activity Weekly Plan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>11.30am Rabbi Visit</p> 	<p>11am</p> 	<p>11.30am Fitness with Vina</p>  <p>2.30pm Ash Wednesday Service</p>	<p>11.30am Yoga with Erika</p> 	<p>11am Drinks Party</p> 	<p>11.30am Fitness with Vina</p> 	<p>11.30am</p> 
<p>3.00pm Afternoon Sparkles</p> 	<p>2.30pm Fitness with James</p> 	<p>3pm Harry Kersley</p> 	<p>3.00pm Dana</p> 	<p>3pm Musician/Singer</p> 	<p>3.00pm Word Games</p> 	<p>3pm</p> 