

# THE MANOR



	MORNING	AFTERNOON	
<b>M</b> MONDAY	WELCOME TO THE WEEK 10:00AM	HEARTS NOSTALGIA CLUB AT TYNECASTLE 1:30PM RECEPTION MONDAY MATINEE CINEMA ROOM 2:00PM	
<b>T</b> TUESDAY	MATCH DAY AT THE MANOR! TARGET GAMES BISTRO 10:45AM	CREATE A SHORT STORY CHARLOTTE C LOUNGE 10:45AM	
<b>W</b> WEDNESDAY	CANAL/GARDEN WALKS 10:00AM	BINGO WITH PRIZES CHARLOTTE DINING ROOM 3:00PM	
<b>T</b> THURSDAY	CREATE A SHORT STORY ST ANDREWS B LOUNGE 10:45AM	YOGA WITH LISA 2:00PM CHARLOTTE 3:00PM ST ANDREWS	
<b>F</b> FRIDAY	FEEL GOOD FRIDAY! KARAOKE CHARLOTTE 10:30AM ST ANDREWS 11:15AM	NAMASTE RELAXATION THERAPY 2:00PM CHARLOTTE 3:00PM ST ANDREWS	
<b>S</b> SATURDAY	FUN WITH CARERS	BINGO WITH KAROLINA SIX NATIONS – WALES V SCOTLAND TV LOUNGES 4:45PM	
<b>S</b> SUNDAY	VIA ZOOM PALMERSTON CHURCH B LOUNGE 10:30 AM	ARTS AND CRAFTS WITH KAROLINA	