



















## Whittington House – Wellbeing Activities Weekly Planner

**Wellbeing: The state of being comfortable, healthy, or happy**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<p>ONE – 2 – ONE All Floors 9.30am – 10.30am</p> 	<p>ARTS &amp; CRAFTS Garden Hub 11am – 12.30pm</p> 		<p>COFFEE MORNING  DAILY SPARKLE </p>	<p>KNIT &amp; NATTER 10am – 12pm Vista Rose Lounge</p> 	<p>ONE – 2 – ONE  Garden 10 – 11 am</p> 
<p>THERAPUETIC ART Garden Hub 11am – 12.30pm</p> 	<p>TAI CHI WITH JOHN 11.30am – 12pm (Pegasus Lounge)</p> 	<p>MAGGIE &amp; FUDGE 2 – 4 pm All Floors</p> 		<p>REMINISCENCE </p>		<p>CHURCH SERVICE 11.15am – 12pm (Cinema)</p> 
<p>BAKING 2.30 – 4.30pm Garden Bar</p> 	<p>AFTERNOON TEA &amp; QUIZ Woodlands 3 – 4.30pm</p> 	<p>MARTHA'S EXERCISE 3 – 4pm Rose Lounge. Vista</p> 	<p>WORD WHEEL Pegasus Lounge 3pm-4pm</p> 	<p>DESERT ISLAND DISCS Rose Lounge 3-4pm</p> 	<p>INTERACTIVE TABLE All Floors</p> 	<p>BINGO Garden Lounge 3 – 4.30pm</p> 