



## Sample Weekly Activities Timetable

	AM		PM
<b>Monday</b>	Baking	<b>One to One Session</b>	Hairdresser & Arts and Crafts
<b>Tuesday</b>	Walking Club		Letter Writing & Days Gone By
<b>Wednesday</b>	Outing to Garden Centre		Afternoon Tea & Film
<b>Thursday</b>	Newspaper Review		Gardening Club & Relax
<b>Friday</b>	Seated Exercises		Afternoon Tea & Book Club
<b>Saturday</b>	Coffee Morning		Hand Massages & Board Games
<b>Sunday</b>	Sunday Service		Listening to Music & Knit and Knatter

In addition, Rotherwood Wellness fitness sessions are hosted each morning and afternoon.