



Sample Weekly Activities Timetable

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