



## SAMPLE ACTIVITIES CALENDAR

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