

Activities - General w/c: 6 Nov 23 Theme: Autumn

MON (6)	TUES (7)	WED (8)	THURS (9)	FRIDAY (10)	SAT (11)	SUNDAY (12)
MORNING	MORNING	MORNING	MORNING	MORNING	MORNING	MORNING
11:00 Tea & Word of the Week 11:30 – 12:30 Chair Exercise & Balloon Games	11:00 Tea & Conversations 11:30 – 12:30 Virtual Travel to Japan	11:00 Tea & Talking Newspaper 11:30 – 1:00 Music Singalong to Jim Reeves	11:00 Tea & Local Papers 11:30 – 1:00 Table Game & Quizzes	11:00 Tea & Word Games 11:30 – 1:00 Mass Service Arts & Crafts	11:00 Tea & Radio 11:30 – 1:00 Craft Cart & Bird Feeding	11:00 Tea & Magazines 11:30 – 1:00 Bible Readings / Singing / Sports
AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON	AFTERNOON
13:30 – 15:00 Body & Soul Relaxation & Hairdressers	13:30 – 15:00 Cookery Class (baking cakes for afternoon tea)	13:30 – 15:00 Residents Afternoon Tea	13:30 – 15:00 Beach Ball Exercises	13:30 – 15:00 Bingo & Bowling	13:30 – 15:00 Movie Time – Breakfast at Tiffany's	13:30 – 15:00 Movie Time – 7 Brides for 7 Brothers
EVENING	EVENING	EVENING	EVENING	EVENING	EVENING	EVENING
15:00 – 16:00 121: Colouring 121: Memory Box Reminisce	15:00 – 16:00 121: Female Spa 121: Bible Reading	15:00 – 16:00 STEM Experiment Session	15:00 – 16:00 Storytelling with Nuala	15:00 – 16:00 Movie Time with popcorn – Grumpy Old Men	13:30 – 15:00 Boardgames & Christmas Card Making	13:30 – 15:00 Balloon Badminton and golf

Activities are subject to change. As well as the planned schedule, we also have person-centred activities as and when residents request. A larger, more detailed calendar is available upon request.