

Sample weekly activity plan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Newspaper Daily headlines	Newspaper Daily headlines	Newspaper Daily headlines	Newspaper Daily headlines	Newspaper Daily headlines	Morning Stretches	Newspaper Daily headlines
Live Bingo 11am	Brain Training One-to-ones 11am	Chair Yoga	Dance Mind 11am	Open Coffee Morning 10.30am	Flower Arranging Garden Room 11.30am	One-to-ones 11.30am
Morning Stroll			Pub Lunch 12.30			Pre-lunch Sherry in the Sky Bar
Keep fit with Daniel	Visit to Pinenham Barnes Primary School	Out & About 2.30pm First Floor	Keepie-Uppie Balloons	Out & About Second Floor	Quiz & Afternoon Tea Vintage Tea Room	Afternoon Stroll 2.30pm
Out & About Ground Floor	Stretching & Moving	Creative Minds 3pm		Moving to Music		
Complete the Saying Main lounge	Book Club Library	Spanish Pop-Up Restaurant	Relax & unwind with pamper treatment Cinema Room	Friday Fever Cocktails Sky Bar	Strictly Come Dancing Cinema Room	Sunday Night Tipple

● MIND
 ● BODY
 ● SOUL
 ● OUT & ABOUT