




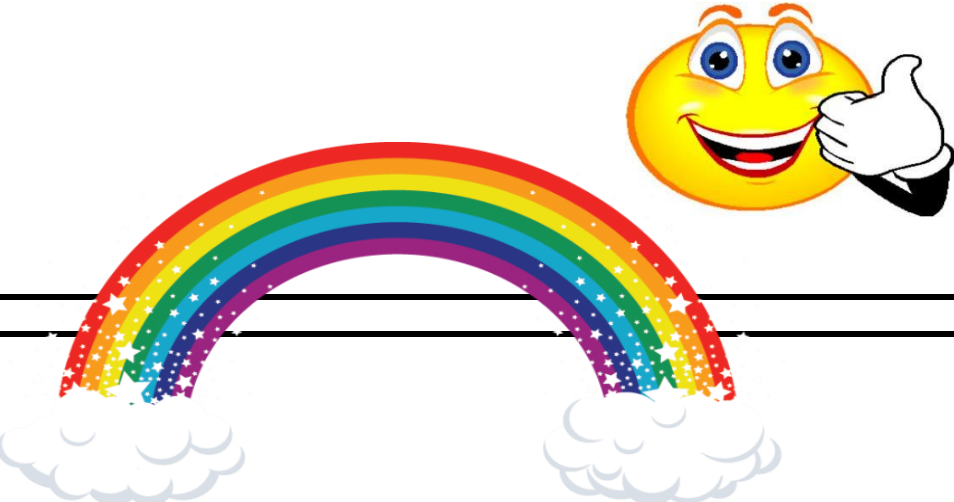


# Weekly Activities Programme

## January

### Week Beginning 18/01/2021

Monday 18th	Tuesday 19th
<p>9.45 Walking Group 10.00 Exercises 10.00 Wren Bus Trip 10.30 Luthern Church Services on big screen  1.30 Musical Bingo</p> 	<p>9.45 Walking Group 10.00 Exercises 10.30 Golden Memories sing along  1.30 Bus Trip</p> 
Wednesday 20th	Thursday 21st
<p>9.45 Walking Group 10.00 Exercises 10.00 Knitting (Coffee Shop) 1.30 Cooking</p> 	<p>9.45 Walking Group 10.00 Exercises 10.00 Bus Trip  1.30 Bingo (Diva Room)</p> 
Friday 22nd	Saturday 23rd
<p>9.45 Walking Group 10.00 Exercises 10.30 Newspaper reading  1.30 Heads Up (Game like Charades)</p> 	
Sunday 24th	
<p>1.30 Mother &amp; Son (Diva Room)</p>	

**Alternated Daily Activities with Ibis & Wren**