

# Weekly Activities Programme

**January**

**Week Beginning 3/01/2022**

**Monday 3rd**

9.45 Walking Group  
10.00 Exercises  
10.00 Wren Bus Outing



1.30 Music Bingo

**Tuesday 4th**

9.45 Walking Group  
10.00 Exercises  
10.30 Movie (Diva Room)



1.00 Bus trip

**Wednesday 5th**

9.45 Walking Group  
10.00 Exercises  
10.00 Knitting (Coffee Shop)  
10.30 Mens Chat  
1.30 Magic Memories (Diva room)



**Thursday 6th**

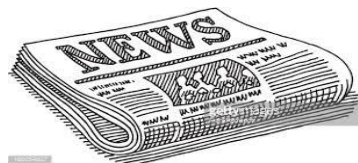
9.45 Walking Group  
10.00 Exercises  
10.30 Bus Trip



1.30 Bingo (Diva Room)

**Friday 7th**

9.45 Walking Group  
10.00 Exercises  
10.30 Deb Newspaper reading



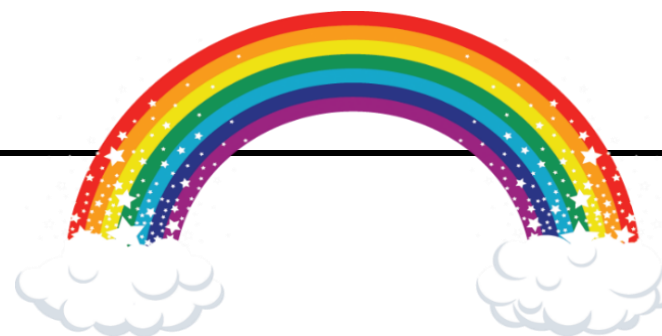
1.30 Quizz with Rick

**Saturday 8th**



**Sunday 9th**

1.30 Movie Your choice from Netflix  
(Main Lounge)



**Alternated Daily Activities with Ibis & Wren**