









Weekly Activities Programme

December

Week Beginning 19/01/2026

Monday 19th	Tuesday 20th
<p>No Exercises 9.30 Walking Group 10.30 Cooking 1.15 Wren Bus Trip</p> 	<p>8.45 Walking Group 9.45 Exercises 10.30 Karaoke Sing along 1.00 Bus trip</p> 
Wednesday 21st	Thursday 22nd
<p>9.30 Walking Group 9.45 Exercises 10.00 Knitting (Coffee shop) 10.30 Mens Chat 1.30 Catholic Church 6.30 Mark & Wendy Singing</p> 	<p>9.30 Walking Group 9.45 Exercises 10.00 Bus Outing 1.30 Bingo</p> 
Friday 23rd	Saturday 24th
<p>9.30 Walking Group 9.45 Balance Exercises 10.30 Debs Newspaper reading 1.30 Quizz with Rick</p> 	<p>9.30 Walking Group 10.30 Teamific Quizz 1.30 Wren Activities</p> 
Sunday 25th	
<p>9.30 Walking Group 10.30 Church on line 1.30 Movie 1.30 Ibis Activities</p> 	
<p>Alternated Daily Activities with Ibis & Wren</p>	