

Weekly Activities Programme

December

Week Beginning 19/01/2026

Monday 19th	Tuesday 20th
No Exercises 9.30 Walking Group 10.30 Cooking 1.15 Wren Bus Trip	 8.45 Walking Group 9.45 Exercises 10.30 Karaoke Sing along 1.00 Bus trip
Wednesday 21st	Thursday 22nd
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	 9.30 Walking Group 9.45 Exercises 10.00 Bus Outing 1.30 Bingo
Friday 23rd	Saturday 24th
9.30 Walking Group 9.45 Balance Exercises 10.30 Debs Newspaper reading 1.30 Quizz with Rick	 9.30 Walking Group 10.30 Teamific Quizz 1.30 Wren Activities
Sunday 25th	
9.30 Walking Group 10.30 Church on line 1.30 Movie 1.30 Ibis Activities	
Alternated Daily Activities with Ibis & Wren	