

# Weekly Activities Programme

**September**

**Week Beginning 08/09/2025**

Monday 8th	Tuesday 9th
<p>9.45 Exercises</p> <p>10.30 Teamific Quiz</p> <p>1.30 Fathers Day Wares with Colleen Hammant</p> 	<p>9.30 Walking Group</p> <p>10.30 Sing along</p> <p>1.30 Exercises</p> <p>1.00 Bus Trip</p> 
Wednesday 10th	Thursday 11th
<p>9.30 Walking Group</p> <p>9.45 Exercises</p> <p>10.00 Knitting</p> <p>10.30 Mens Chat</p> <p>10.30 North Kindy visit</p> <p>1.30 Residents Meeting</p> <p>1.30 Wren Bus</p> 	<p>9.30 Walking Group</p> <p>9.45 Exercises (Activity room)</p> <p>10.30 Mark &amp; Wendy Moffat singing</p> <p>1.30 Bingo</p> 
Friday 12th	Saturday 13th
<p>9.30 Walking Group</p> <p>9.45 Exercises</p> <p>10.30 Debs Newspaper</p> <p>1.30 Baptist Church</p> 	<p>9.30 Walking Group</p> <p>10.30 Cards</p> <p>1.30 Wren Activities</p> 
Sunday 14th	
<p>9.30 Walking Group</p> <p>10.30 Church Service on line</p> <p>1.30 Movie Your choice from Netflix</p> 	
<p><b>Alternated Daily Activities with Ibis &amp; Wren</b></p>	