Weekly Activities Programme



November **Week Beginning 02/11/2026**

Monday 2nd	Tuesday 3rd
9.45 Exercises (Plover Lounge) 10.00 Wren Bus Outing 1.30 Melbourne cup Sweeps (We will come to your room)	9.30 Walking Group 9.45 Exercises (Plover Lounge)) 10.30 Sing along (Holzgrefee) 1.30 Melbourne Cup (Residents Only Event)
Wednesday 4th	**Thursday 5th**
9.30 Walking Group 9.45 Balance Exercises(Plover Lounge) 10.00 Knitting 10.30 Mens chat 1.00 Balance Exercises (Plover Lounge) 1.30 Teamific Quizz	9.45 Exercises (Plover Lounge) 9.30 Walking Group 10.00 Bus Trip 10.30 Residents Meeting 1.30 Bingo
Friday 6th	**Saturday 7th**
9.30 Walking Group 9.45/10.30 Balance Exercises (Plover Lounge) 10.30 Debs Newspaper reading 1.30 Anglican Church	9.30 Walking Group 10.30 Cards 1.30 Wren Activities
Sunday 8th	
9.30 Walking Group 10.30 Church Sevice on Line 1.30 Movie Your choice from Netflix 1.30 Ibis Activities	

















Alternated Daily Activities with Ibis & Wren