

# Weekly Activities Programme

**February**

**Week Beginning 03/02/2025**

**Monday 3rd**

9.30 Walking Group  
9.45 Exercises  
10.00 Wren bus Outing



1.30 Craft with Kaitlyn

**Tuesday 4th**

9.30 Wren Exercise  
9.45 Exercises  
10.30 Sing along



1.30 Bus Trip

**Wednesday 5th**

9.30 Walking Group  
9.45 Exercises  
10.00 Knitting  
10.30 Mens Chat



1.30 Mark & Wendy Moffatt

**Thursday 6th**

9.30 Wren Exercise  
8.30 Walk on the Beach  
9.45 Exercises  
10.30 1to1 Visits



1.30 Bingo

**Friday 7th**

9.30 Walking Group  
10.30 Debs Newspaper Reading  
10.30 1to1 visits



1.30 Anglican Church

**Saturday 8th**

9.30 Walking Group  
10.30 Wren Activities



1.30 Quizz with Rick

**Sunday 9th**

9.30 Walking Group  
10.30 Church service on line  
1.30 Movie Your choice from Netflix



**Alternated Daily Activities with Ibis & Wren**