

Weekly Activities Programme



September

Week Beginning 14/08/2026

Monday 14th	Tuesday 15th
9.45 Exercises 10.00 Wren Bus trip 1.30 Craft with Kaitlyn and Indy 	9.30 Walking Group 9.45 Exercises 10.30 Sing along 10.30 Kindy visit 1.00 Bus Outing 
Wednesday 16th	Thursday 17th
9.30 Walking Group 9.45 Balance Exercises (Ibis Lounge) 10.00 Knitting 10.30 Mens Chat 1.30 Balance Exercise (Ibis Lounge) 1.30 Catholic Church 	9.30 Walking Group 9.45 Exercises 10.00 Bus Outing 10.30 Advisory, Fade and Garden planning meeting 1.30 Bingo 
Friday 18th	Saturday 19th
9.30 Walking Group 9.45/10.30 Balance Exercises (Ibis Lounge) 10.30 Mark & Wendy 1.30 Newspaper Reading with Deb 	9.30 Walking Group 10.30 Teamific 1.30 Wren Activities 
Sunday 20th	
9.30 Walking Group 10.30 Seven Day Adventist church 1.30 Dolly Parton on the big screen Here I am DVD 	
Alternated Daily Activities with Ibis & Wren	