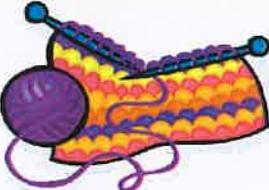


# Weekly Activities Programme

**January**

**Week Beginning 12/01/2026**

Monday 12th	Tuesday 13th
9.45 Exercises 10.00 Wren Bus Outing 1.30 The Piano Man	 9.30 Walking Group 9.45 Exercises 10.30 Karaoke Sing along 1.00 Bus Trip
Wednesday 14th	Thursday 15th
9.30 Walking Group 9.45 Exercises 10.00 Knitting      10.30 Mens Chat 1.30 Magic Memories with Meredith	 9.45 Exercises 9.30 Walking Group 10.00 Bus Trip 1.30 Bingo
Friday 16th	Saturday 17th
9.30 Walking Group 9.45 Balance Exercises 10.30 Newspaper Reading with Deb 1.30 Quiz with Rick	 9.30 Walking Group 10.30 Cards 1.30 Wren Activities
Sunday 18th	
10.30 Seven Day Adventist 1.30 Movie Your choice from Netflix (Main Lounge)	

**Alternated Daily Activities with Ibis & Wren**