

# Weekly Activities Programme

**January**

**Week Beginning 12//01/2026**

**Monday 12th**

9.45 Exercises

10.00 Wren Bus Outing

1.30 The Piano Man



**Tuesday 13th**

9.30 Walking Group

9.45 Exercises

10.30 Karaoke Sing along

1.00 Bus Trip



**Wednesday 14th**

9.30 Walking Group

9.45 Exercises

10.00 Knitting 10.30 Mens Chat

1.30 Magic Memories with Meredith



**Thursday 15th**

9.45 Exercises

9.30 Walking Group

10.00 Bus Trip

1.30 Bingo



**Friday 16th**

9.30 Walking Group

9.45 Balance Exercises

10.30 Newspaper Reading with Deb

1.30 Quiz with Rick



**Saturday 17th**

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**