

Weekly Activities Programme



October

Week Beginning 19/10/2026

Monday 19th		Tuesday 20th		
9.45 Exercises		9.30 Walking Group		
10.00 Wren Bus trip		9.45 Exercises		
1.30 Piano Man		10.00 Bus Outing		
		1.30 Karaoke (Diva Room)		
Wednesday 21st		Thursday 22nd		
9.30 Walking Group		9.30 Walking Group		
9.45 Balance Exercises (Ibis Lounge)		9.45 Exercises		
10.00 Knitting 10.30 Mens Chat		10.30 Bingo		
1.30 Balance Exercise (Ibis Lounge)		1.30 Bus Outing		
1.30 Catholic Church				
Friday 23rd		Saturday 24th		
9.30 Walking Group		9.30 Walking Group		
9.45/10.30 Balance Exercises (Ibis)		10.30 Teamific		
10.30 Debs Newspaper reading		1.30 Wren Activities		
1.30 Kevin Sporer				
Sunday 25th				
9.30 Walking Group				
10.30 Church online				
1.30 Movie Your choice Netflix				
1.30 1to1 Walks				

Alternated Daily Activities with Ibis & Wren