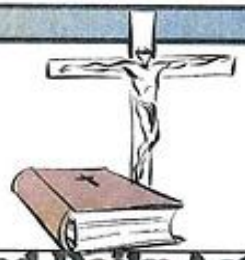
Weekly Activities Programme



November

Week Beginning 16/11/2026

Monday 16th	Tuesday 17th
9.45 Exercises (Plover Lounge) 10.00 Wren Bus trip 1.30 Piano Man 	9.30 Walking Group 9.45 Exercises (Plover) 10.30 Singalong 1.00 Bus Outing 
Wednesday 18th	**Thursday 19th**
9.30 Walking Group 9.45 Balance Exercises (Plover) 10.00 Knitting 10.30 Mens Chat 1.30 Balance Exercise (Plover Lounge) 1.30 Catholic Church 	9.30 Walking Group 9.45 Exercises (Plover) 10.00 Bus Outing 1.30 Bingo 
Friday 20th	**Saturday 21st**
9.30 Walking Group 9.45/10.30 Balance Exercises (Plover) 10.30 Quizz with Rick 1.30 Tracey Allan Singing 	9.30 Walking Group 10.30 Teamific 1.30 Wren Activities 
Sunday 22nd	
9.30 Walking Group 10.30 Church online 1.30 Movie Your choice Netflix 1.30 Cooking with Rick 	 

Alternated Daily Activities with Ibis & Wren