








Weekly Activities Programme



September

Week Beginning 1/09/2025

Monday 1st	Tuesday 2nd
<p>9.45 Exercises</p> <p>10.00 Wren Bus Outing</p> <p>1.30 Cooking</p> 	<p>9.30 Walking Group</p> <p>9.45 Exercises</p> <p>10.00 Sing along</p> <p>1.00 Bus Outing</p> 
Wednesday 3rd	Thursday 4th
<p>9.30 Walking Group</p> <p>9.45 Exercises</p> <p>10.00 Knitting</p> <p>10.30 Mens Chat</p> <p>1.30 Quiz with Ricky</p> 	<p>9.30 Walking Group</p> <p>9.45 Exercises</p> <p>10.30 Sentimental Journey (Songs of Nostalgia)</p> <p>1.30 Bingo</p> 
Friday 5th	Saturday 6th
<p>9.30 Walking Group</p> <p>9.45 Exercises</p> <p>10.30 Debs Newspaper Reading</p> <p>1.30 Anglican Church</p> 	<p>9.30 Walking Group</p> <p>10.30 Bingo</p> <p>1.30 Wren Activities</p> 
Sunday 7th Happy Fathers Day	
<p>9.30 Walking Group(World Walk against Dementia) Dress in Purple</p> <p>1.30 Movie</p> <p>1.30 Ibis Activities</p> 	
<p>Alternated Daily Activities with Ibis & Wren</p>	

HAPPY FATHER'S DAY