

Weekly Activities Programme



November

Week Beginning 03/11/2025

Monday 3rd	Tuesday 4th Melbourne Cup
9.45 Exercises 10.30 Teamific Quiz 1.30 Melbourne Cup sweeps & Hats (we will come to your room) 	9.30 Walking Group 10.30 Exercises 10.30 Sing along 12.00 Melbourne Cup Luncheon 1.30 Melbourne Cup race games 
Wednesday 5th	Thursday 6th
9.30 Walking Group 10.00 Knitting 10.30 Mens Chat 1.30 Bingo 	9.30 Walking Group 9.45 Exercises 10.00 Bus Trip 1.30 Mark & Wendy Moffat 
Friday 7th	Saturday 8th
9.30 Walking Group 9.45 Balance Exercises 10.30 Debs Newspaper 1.30 Anglican Church Service 	9.30 Walking Group 10.30 Cards 1.30 Wren Activities 
Sunday 9th	
9.30 Walking Group 10.30 Church Service on line 1.30 Movie Your choice from Netflix 	

Alternated Daily Activities with Ibis & Wren