

Weekly Activities Programme

April/May

Week Beginning 27/04/2025

Monday 27th

9.45 Exercises
10.00 Wren Bus trip
1.30 Indoor Bowls



Tuesday 28th

9.30 Walking Group
9.45 Exercises
10.30 Sing along
1.15 Bus Outing
(Op Shopping)



Wednesday 29th

9.30 Walking Group
9.45 Balance Exercises (Ibis)
10.00 Knitting (Coffee shop)
10.30 Mens Chat
1.00 Balance Exercises (Ibis)
1.30 Bingo



Thursday 30th

9.30 Walking Group
9.45 Exercises
10.00 Bus Outing
1.30 Tracey Allan singing



Friday 1st May

9.30 Walking Group
9.45/10.30 Balance Exercises (Ibis)
10.30 Debs Newspaper reading
1.30 Anglican Church



Saturday 2nd

9.30 Walking Group
10.30 Bingo
1.30 Wren Activities



Sunday 3rd

9.30 Walking Group
10.30 Church on Line
1.30 Movie
1.30 Ibis Activities



Alternated Daily Activities with Ibis & Wren