



# Weekly Lifestyles Guide

Sunday 21<sup>st</sup> - Saturday 27<sup>th</sup>

Sunday 21 <sup>st</sup>	Monday 22 <sup>nd</sup>	Tuesday 23 <sup>rd</sup>	Wednesday 24 <sup>th</sup>	Thursday 25 <sup>th</sup>	Friday 26 <sup>th</sup>	Saturday 27 <sup>th</sup>
<p><b>10.00am</b> Move it or Lose It 1<sup>st</sup> session</p> <p><b>10.30am</b> Sunday papers</p> <p><b>11.15am</b> Move it or Lose it 2<sup>nd</sup> session</p> <p><b>2.00pm</b> Musical games</p> <p><b>3.00pm</b> Afternoon movie</p> <p><b>4.00pm</b> Arts and crafts</p> <p><b>6.30pm</b> Evening movie</p>	<p><b>Colin's Birthday</b></p> <p><b>10.00</b> Move it or Lose it</p> <p><b>11.30am</b> Choir practice</p> <p><b>12.00pm</b> Sherry club</p> <p><b>2.00pm</b> Beyond Words music project</p> <p><b>2.30pm</b> Afternoon movie</p> <p><b>3.15pm</b> Bingo</p> <p><b>6.30pm</b> Colin's birthday party</p>	<p><b>10.15am</b> Tai Chi</p> <p><b>10.45am</b> Minibus trip to Dene City Farm</p> <p><b>11.00am</b> Holy Communion</p> <p><b>1.45pm</b> Scrabble</p> <p><b>3.00pm</b> Our Yesterday reminiscence</p> <p><b>3.30pm</b> Afternoon movie</p> <p><b>4.00pm</b> Knit and Knatter</p> <p><b>6.30pm</b> The Big Quiz</p>	<p><b>National Popcorn Day</b></p> <p><b>10.00am</b> Move it or Lose It 1<sup>st</sup> session</p> <p><b>11.00am</b> Flower arranging</p> <p><b>11.15am</b> Move it or Lose it 2<sup>nd</sup> session</p> <p><b>2.00pm</b> Baking class</p> <p><b>2.30pm</b> Afternoon movie</p> <p><b>3.30pm</b> One to one activities</p> <p><b>6.30pm</b> Evening movie</p>	<p><b>10.30am</b> Board game hour</p> <p><b>11.30am</b> Popcorn tasting experience</p> <p><b>1.30pm</b> Indoor gardening</p> <p><b>2.30pm</b> Afternoon movie</p> <p><b>3.00pm</b> Poetry hour</p> <p><b>4.15pm</b> Painting class</p> <p><b>6.30pm</b> Movie in Cinema</p>	<p><b>10.00am</b> Move it or Lose it</p> <p><b>11.00am</b> Shopping trip into town centre</p> <p><b>12.00pm</b> Gentlemen's club</p> <p><b>2.00pm</b> Life histories project</p> <p><b>3.00pm</b> Bingo</p> <p><b>6.30pm</b> Cocktail Party</p>	<p><b>10:15am</b> Tai chi</p> <p><b>11.30am</b> Our Yesterday reminiscence</p> <p><b>1.30pm</b> Social time</p> <p><b>2.30pm</b> Knit and Knatter</p> <p><b>3.30pm</b> One to one activities</p> <p><b>6.30pm</b> Evening movie</p>



**Tuesday - Friday** Hairdresser  
**Monday - Friday** Beauty Therapy  
**Monday** Chiropodist

