



Weekly Lifestyles Guide

Sunday 21st - Saturday 27th

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



Tuesday - Friday Hairdresser
Monday - Friday Beauty Therapy
Monday Chiropodist

