WEEKLY ACTIVITIES – Monday the 26th Of April to Sunday the 2nd of May 2021

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| DAY |  | PLACE | TIME | ACTIVITY |
| **MONDAY**  **26th of April** | How to paint landscapes with acrylics for beginners - YouTube | **All Floors**  **All Floors** | **10:30am- 12.15pm**  **2.15-5pm** | **Seated Yoga With Natalia**  **Painting Spring Pictures With Natalia** |
| ***TUESDAY***  **27th of April** | ***Spa Retreat Lincoln - Boutique Spa and Beauty Treatments5 more easy chair exercises - Heart Matters | BHF***  *A Garden Tea Party - TeaTime Magazine* | **All Floors**  **Individual Rooms**  **Garden** | **10:30am- 12.15pm**  **10.30am-12.15pm**  **2.15-5pm** | **Seated Exercise With Jordanne**  **Pamper Morning With Natalia**  **Garden Tea Party With Natalia and Jordanne** |
| **WEDNESDAY**  **28th of April** | **Garden Walking Path Free Stock Photo - Public Domain Pictures**  **5 Putting Tips Which Will Change Your Game - Golf Care Blog** | **Garden**  **Garden/On Floors** | **10:30am-12.15pm**  **2.15-5pm** | **Walking in the Garden & a Tea Break With Natalia**  **Golf Putting With Natalia (Weather Dependant)** |
| **THURSDAY**  **29th of April** | **Nass Wealth Management - Quiz time**Zumba® Gold Seated – Salisbury Zumba and Exercise Classes  **A senior couple and family dancing on a garden party outside in the  backyard. Stock Photo by halfpoint** | **Individual Rooms**  **All Floors**  **Floor 1**  **Floor 2**  **Garden** | **10:30am- 12.15pm**  **10.30am-12.30pm**  **10.30am-12.15pm**  **2.15pm**  **3.30pm**  **2.15-5pm** | **Manicures and Hand Massages With Jordanne**  **Seated Zumba Class With Natalia**  **Seated Exercise With Jordan**  **Trip Down Memory Lane Quiz With Jordanne**  **Sing Along in the Garden with Snacks and Lemonade With Natalia and Jordan** |
| **FRIDAY**  **30th of April** | **What You Should Know About Online Bingo - Advertised Feature | FULLSYNC**How to Press Flowers (With Botanical Print Tutorial!) - FTD.com**List of Plant and Flower Names in English with Pictures • 7ESL** | **All Floors**  **Ground Floor**  **First Floor**  **Second Floor**  **Third Floor**  **Individual Rooms/Small Groups** | **10.30am- 12.15pm**  **2.15pm**  **2.45pm**  **3.30pm**  **4.15pm**  **2.15-5pm** | **“Can You Name These Plants?” With Jordanne**  **Bingo with Jordanne**  **Pressing Flowers With Jordan** |
| **SATURDAY**  **1st of May** | **Retro meets Vintage: The Bristol Hotel introduces Vintage Afternoon Tea -  Bristol Bites*5 more easy chair exercises - Heart Matters | BHF*** | **Small Groups**  **Small Groups** | **10:30am- 12.15pm**  **2.15-5pm** | **Seated Exercise With Jordan**  **Time Travelling Afternoon Tea With Jordan** |
| **SUNDAY**  **2nd of May** | Residents at Birchley Hall enjoy a movie afternoon | Qualia CareWorld Book Day - YouTube | **All Floors**  **All Floors** | **10:30 am- 12.15pm**  **2.15-5pm** | **Mobile Library for World Book Day With Jordan**  **Movie Afternoon and Snacks With Jordan** |