WEEKLY ACTIVITIES – Monday 5th of April- Sunday the 11th of April 2021

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| DAY |  | PLACE | TIME | ACTIVITY |
| **MONDAY**  **5th of April** | **TCM on Twitter: "Judy Garland and Fred Astaire in EASTER PARADE ('48)  #LetsMovie… "Women's finer sense of smell may be due to more brain cells** | **Everyone Welcome**  **Individually/ Small Groups**  **Individually**  **All Lounges** | **10.30am**  **From 10.30am**  **From 2.15pm**  **From 2.15pm** | **Spending time in the Garden With Jordanne**  **Seated Exercises With Jordan**  **Smell Odour Lottery With Jordanne**  **Easter Parade (Judy Garland) With Hot Cross Buns- With Jordan** |
| ***TUESDAY***  **6th of April** | *Crooners - 84 Songs by 28 Marvelous Male Vocalists | Hal Leonard Online****12 Chair Yoga Poses for Stress and Posture - PureWow*** | **Individually/ Small Groups**  **Small Groups** | **From 10.30am**  **From 2.15pm** | **Seated Yoga Class with Natalia**  **Cocktails & Crooners With Natalia and Jordan** |
| **WEDNESDAY**  **7th of April** | Zumba Gold: Exercises for Ages 40-85 Year Olds | ACE Blog  Quiz night neon light sign in retro twist Vector ImagePainted Pebbles High Resolution Stock Photography and Images - Alamy | **Individually & Small Groups**  **Everyone Welcome**  **Individually & Small Groups**  **Small Groups**  **Individually & Small Groups**  **1st Floor**  **2nd Floor** | **From 10.30am**  **From 10.30am**  **From 10.30am**  **From 2.15pm**  **From 2.15pm**  **2.15pm**  **3.15pm** | **Seated Zumba Class with Natalia**  **Walking in the Garden With Jordan**  **Seated Exercises With Jordanne**  **Time Travelling Tea Party With Natalia**  **Pebble Art With Jordan**  **The Quiz With a Twist With Jordanne** |
| **THURSDAY**  **8th of April** | Mindfulness Meditation Can Help Relieve Anxiety And Depression : Shots -  Health News : NPR | **Individually & Small Groups**  **Individually & Small Groups**  **Individually**  **Garden (Weather Dependant)** | **From 10.30am**  **From 10.30am**  **From 2.15pm**  **From 2.15pm** | **Meditation & Relaxation Exercises with Jordanne**  **Seated Exercises With Jordan**  **Manicures & Hand Massages With Jordanne**  **Planting Bulbs With Jordan** |
| **FRIDAY**  **9th of April** | **Hey, Can I Ask You A Question? - IN Magazine** | **Individually**  **Ground Floor**  **1st Floor**  **2nd Floor**  **3rd Floor** | **From**  **10.30am**  **2.15pm**  **2.45pm**  **3.30pm**  **4.15pm** | **Question of the Week- “What is your All Time favourite meal?!”**  **Eyes Down For Bingo With Jordanne** |
| **SATURDAY**  **10th of April** | **Mobile Marketing News Of The Week: June 23 – 30**  **Flower Button Art - The Best Ideas for Kids** | **Individually & Small groups**  **All Floors** | **From 10.30am**  **From**  **2.15pm** | **News of the Week With Natalia**  **Button Art With Natalia** |
| **SUNDAY**  **11th of April** | **Gardening | art and science | Britannica**St Andrew Blackadder Church, North Berwick | DestiMap | Destinations On Map | **All Floors**  **In the Garden** | **From 11am**  **From 2.15pm** | **Church Services in the Lounges With Natalia**  **Spending Time in the Garden (Weather Dependant) With Snacks & Lemonade With Natalia** |