

ACTIVITY PLANNER

WEEK COMMENCING:
8TH MAY 2023

MONDAY



LOUNGE GAMES

TUESDAY



THERAPET - BOBBY

BEFORE & AFTER OUR
MAIN ACTIVITY WE
ALSO HAVE THE
FOLLOWING
AVAILABLE:

MONDAY

MASSAGE &
RELAXATION
CHAIR EXERCISES

TUESDAY

RITA COMPUTER
GARDEN TIME

WEDNESDAY



GARDEN TIME

THURSDAY



TEA & CHAT

WEDNESDAY

STRENGTH &
CONDITIONING
ARTS & CRAFTS
EVENING: MOVIE NIGHT

FRIDAY



BIG GROUP BINGO

SATURDAY



BUS TRIP

THURSDAY

LOUNGE GAMES
RITA COMPUTER
EVENING: MOVIE NIGHT

FRIDAY

ARTS & CRAFTS
CHAIR EXERCISES
CARD MAKING/
PAINTING

SATURDAY

SUNDAY

LOUNGE GAMES

SUNDAY



RITA COMPUTER

WEEKLY ACTIVITIES

HAIRDRESSER - WEDNESDAY

MEMORY CAFE - WEDNESDAY, FRIDAY

AROMATHERAPY - THURSDAY

