



Sample Entertainment and Well-being Programme

Monday

11am Keep Fit in the TV Lounge
3pm Bingo with Lorraine in the Main Lounge

Tuesday

9.30am Reflexology with Monika
11.30am Sherry in the Main Lounge
3pm Entertainment – 'Tania Sings' in the Main Lounge

Wednesday

11am Keep fit in the TV Lounge
3pm Local Outing to Tea Rooms

Thursday

9.30am Aromatherapy/ Massage with Julie
11.30am Sherry in the Main Lounge
3pm Film – Andre Rieu in Concert 'My African Dream'

Friday

11am Keep Fit in the TV Lounge
3pm Arts & Craft with Carol

Saturday

11.30am Sherry in the Main Lounge
3pm Entertainment – 'Steve' playing the Guitar in the Main Lounge

Sunday

10am Church
6.30pm Bar & Activities Evening in the Main Lounge