



Weekly Lifestyles Guide

Example - Monday 22nd to Sunday 28th



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
John's birthday			National Cream Tea Day		Fresh Veggies Day	
Morning	Morning	Morning	Morning	Morning	Morning	Morning
Smart Table Activities	Interactive Cat & Garden Games	Elevensies Picnic	Cookery Club	Pamper Morning	Seated Yoga	Sunday papers & Arts and Crafts
Afternoon	Afternoon	Afternoon	Afternoon	Afternoon	Afternoon	Afternoon
Flower Arranging & Garden Games	Bingo & Relaxation: Adult Colouring	Arts and Crafts	Afternoon Tea in the garden	Knit 'n' Natter & Seated Exercise	Home Grown Gardening Club	Gin Tasting Afternoon
Evening	Evening	Evening	Evening	Evening	Evening	Evening
Cinema Club and John's party	Easy Listening Music Evening	Book Club	Gentlemen's Club	Garden Boules	Cocktail Making Evening	Garden Walks & Hoopla

