

Activities

Monday 5th October

- 10.30am General Knowledge Quiz with Claire
- 1.30pm Activities / Walks with Claire



Tuesday 6th October

- 11.00am Exercise Class
- 2.00pm Acoustics in Treetops with Denis and Sheena

Wednesday 7th October

- ☀ 10.30am Arts & Crafts
- ☀ 1.30pm Board Games and Cards



Thursday 8th October

- 11.00am Stretching, Music and Motion
- 1.30pm Puzzles and Mind Games

Friday 9th October

- ☀ 10.30am Armchair Olympics
- ☀ 1.30pm Walks / Word Games



Saturday 10th October

- 2.00pm PFS Therapy Dogs