

# Activities

## **Monday 29<sup>th</sup> April**

- 10.45am FitBlast  
1.45pm Island Bus Ride

## **Tuesday 30<sup>th</sup> April**

- 10.30am Armchair Travel  
2pm Rob Batiste Visiting

## **Wednesday 1<sup>st</sup> May**

- 11am 'Movements for Life'  
Exercises  
2pm Gardening/Walks (weather  
permitting)

## **Thursday 2<sup>nd</sup> May**

- 11am The Big Quiz  
2pm Arts and Crafts

## **Friday 3<sup>rd</sup> May**

- 11am Mika Therapy Dog Visit  
2pm Movie/Musical Matinee

