

Weekly activities 2024 Sample plan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4 th	5^{th}	6 th	7 th	8 th	9 th	$10^{ m th}$
 Bank Holiday 			Open Day	 George's Birthday 		
Morning	Morning	Morning	Morning	Morning	Morning	Morning
Morning exercise Breadmaking Newspapers 11am Sensory seated yoga Seafront Stroll: With a	Morning exercise Breadmaking Newspapers 11am Craft activity: Decorate your own windchime	Morning exercise Breadmaking Newspapers 10.30am Shopping trip: Marks & Spencers	Morning exercise Breadmaking Newspapers 11am Outing: Fortnightly visit to our local garden Centre	Morning exercise Breadmaking Newspapers 10.30am Culinary Cruise: National Algeria Independence Day	Morning exercise Breadmaking Newspapers 11am Gardening Club: Flower arranging, weeding and watering.	Morning exercise Breadmaking Newspapers 11am Outing: Margate Collectors Fair
stop off for Tea & Cake.	Afternoon	Afternoon	Afternoon	Afternoon	Afternoon	Afternoon
1pm Outing: Powell Cotton Museum trip 2pm Craft Club: Sewing, knitting, crochet and more	1.30pm Coffee and cake: With family and friends. Well behaved dogs and children are very welcome.	2pm Board Games Club: Scrabble, Cards, Chess and more	2pm Book Club: Join us in the Lounge to discuss our latest reads.	2pm Art Club: Outdoor painting – embrace your creative side!	1pm Seafront Stroll: To Broadstairs with a stop off for tea & cake – or even some chips!	3pm Book Club in the library
Evening	Evening	Evening	Evening	Evening	Evening	Evening
6pm Ladies Night: Pamper, wine and a movie!	6pm Choir Club: Join us for a sing along in the Lounge	6pm Art Club: Still life painting	6pm Sunset Stroll: A gentle local walk to end the day	6pm Movie Night: Pearl Harbour	6pm Pub Quiz: In the Bistro	6pm Musical Bingo! In the Bistro