



	M O N	T U E S	W E D	T H U	F R I	S A T	S U N
Ashley 11am	Physical Games	Chair Exercises	Cognitive Games	Tea in the Garden	Arts & Crafts	Chair Based Exercises	Hymns
Ashley 3pm	Arts & Crafts Club	Knitting Club	Live Music	Gardening Club	Karaoke Club	Cognitive Games	Movie Afternoon
Capesthorpe 11am	Garden Walks	Word Search's	Yoga	Coffee Morning	Music Session	Bingo	Hymns
Capesthorpe 3pm	Karaoke Club	Afternoon Tea	Live Music	Quiz Club	Aromatherapy	60's Music Session	Movie Afternoon
Chester 11am	Coffee Morning	Chair Exercises	Bingo	Arts & Crafts	Garden Walks	History Club	Quiz Morning
Chester 3pm	Music Session	Knitting Club	Live Music	Karaoke Club	Family & Friends Afternoon Tea	Movie Afternoon	Garden Walks
Stanneylands 11am	Chair Exercise	Spa Days	Coffee Morning	Seated Dance	Garden Walks	Memory Lane	Hymns
Stanneylands 3pm	Sing a long	Knitting Club	Book Shop	Bingo	Gardening Club	Karaoke Club	Flower Arranging