



2026

	MON	TUES	WED	THU	FRI	SAT	SUN
Morning 11am	Sing-a-Long session	Armchair Excercise	Poetry Session	Mindfulness Yoga	Flower Arranging	Movement & Music	Morning Reading
Afternoon Activity 3pm	College Volunteers	Entertainment: Naomi	Garden Games	School Visit	Baking Club	Afternoon Tea	Sunday Cinema Club