






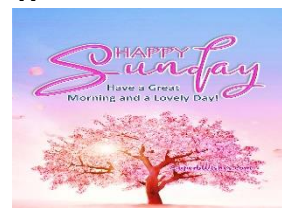




**Meadowside**  
**Monthly Leisure & Lifestyle**  
**Activities Programme & Important**  
**Days**



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				<b>1<sup>st</sup> Labour Day</b> 11am— “This is your life” by Cliff Hern  3.30pm One-to-One with residents	<b>2<sup>nd</sup></b> 	<b>3<sup>rd</sup></b> 
<b>4<sup>th</sup></b> 	<b>5<sup>th</sup></b> AM-Activity with the care team  3:30pm-Exercise & Music by VIE in the Garden Lounge	<b>6<sup>th</sup></b> Hair Dressing  3:30pm-Afternoon games in the Garden Lounge	<b>7<sup>th</sup></b> 11:30am-Coffee Morning in the Garden Lounge  3:30pm-One-to-One with residents	<b>8<sup>th</sup> Happy VE Day</b>  11:30am-Activity in the Garden Lounge  3:30pm-Art session	<b>9<sup>th</sup></b>  Activity with the care team	<b>10<sup>th</sup></b> 
<b>11<sup>th</sup></b>  Activity with the care team	<b>12<sup>th</sup></b> AM-Activity with the care team on flat  3:30pm-Exercise & Music by VIE in the Garden Lounge	<b>13<sup>th</sup></b> Hair Dressing  3:30pm- “Gentlemen’s Club”	<b>14<sup>th</sup></b> AM-Activity with the care team on flats  3:30pm-Flower arranging	<b>15<sup>th</sup></b> 11am- “This is your life” by Cliff Hern  3:30pm-Art session	<b>16<sup>th</sup></b>  Activity with the care team on flats	<b>17<sup>th</sup></b> 
<b>18<sup>th</sup></b>  Activity with the care team	<b>19<sup>th</sup></b> AM—Activity with the care team  3:30pm-Exercise & Music- by VIE in the Garden Lounge	<b>20<sup>th</sup></b> Hair Dressing  3:30pm-Afternoon Games in the Garden Lounge	<b>21<sup>st</sup></b>  3:30pm-OMI	<b>22<sup>nd</sup></b> 11:30am-Activity in the Garden Lounge  3:30pm-Reminiscence	<b>23<sup>rd</sup></b> 	<b>24<sup>th</sup></b> 
<b>25<sup>th</sup></b> 	<b>26<sup>th</sup></b> AM-Activity with the care team 3:30pm-Exercise & Music by VIE in the Garden Lounge	<b>27<sup>th</sup></b> Hair Dressing  3:30pm- “Gentlemen’s Club”	<b>28<sup>th</sup></b> AM-Resident’s Meeting  PM-Activity with the care team	<b>29<sup>th</sup></b> 11am-Surprise Visitor  PM-Activity with the care team	<b>30<sup>th</sup></b>  Activity with the care team	<b>31<sup>st</sup></b> 

**HIGHLIGHTS THIS MONTH**



Wednesday 6<sup>th</sup> & 20<sup>th</sup>-3.30pm  
Games Afternoon—Garden Lounge



Friday 8<sup>th</sup> & 22<sup>nd</sup>, Games with Lara—3.30—Garden lounge



Wednesday 13<sup>th</sup> & 27<sup>th</sup>-3.30pm  
Gentlemen's Club in the Garden Lounge



Exercise VIE Tuesday 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> & 26<sup>th</sup>—Garden L.



Friday 1<sup>st</sup> & 15<sup>th</sup> 11am—by Cliff Hern—flat 2



Flower arranging-Thursday 14<sup>th</sup> 3.30—Garden Lounge



Friday 29<sup>th</sup> "Performing Pets"—11am-Garden Lounge

**MONTHLY LEISURE & LIFESTYLE ACTIVITIES**



Tuesday 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> & 26<sup>th</sup>- 3.30pm  
Exercise and Music with VIE in the Garden Lounge



Thursday 28<sup>th</sup> at 11:20am  
Resident's Meeting—Garden Lounge



Coffee Morning Thursday 7<sup>th</sup>-11am  
In the Garden Lounge



Every other Friday at 11:30am  
Catholic Service from residents' flats



Visit by the Synagogue, once or twice a month on flats



Your Leisure & Lifestyle Organiser continues to plan your Monthly Activities Programmes based on the things you enjoy and discussed in your monthly meetings. This programme is for you to plan the activities you would like to participate in and would like your family or friends to join you in.

Activities and venue can be cancelled at short notice, to incorporate other activity or for any unforeseen circumstances. You will be informed of any changes. Outings will depend on availability of transport and the weather.

All residents are urged to participate in all or most activities offered, ultimately, participation is on voluntary basis and is the residents choice.



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