

Wednesday 27	9.30 - 10 am 'Steady-as-you-go' Zoom exercises <i>in activities room</i> 10.30 Residents Morning Tea catch up <i>in main lounge in-front-of TV</i> 1.30 pm Chair exercises <i>in activities room</i> 1.30 Petanque Club <i>at petanque court outside in care home garden</i> 2.30 Housie <i>in activities room</i> 4:00 BUPA SHOUT
Thursday 28	10.00 am Grocery shopping - New World Khandallah <i>meet at reception main entrance</i> 1.30 pm Table Tennis <i>in activities room</i> 2.30 Indoor Bowls <i>near the big TV</i> 4:00 Cinema Movie 'Sugar & Stars'
Friday 29	1.30 pm Bridge <i>in library area</i> 5:00 BYO drinks/nibbles <i>at bar</i>
Saturday 30	10:00-12 pm Art Group <i>in arts & crafts room 3rd floor</i> 11:00 Chair exercises <i>in activities room</i>