






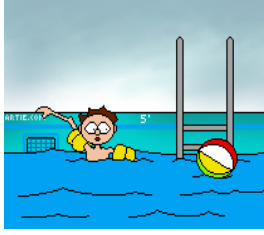





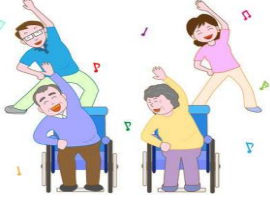








## ACTIVITY PLANNER: HIGHCROFT DAY CENTRE OCTOBER 2021-JANUARY 2022





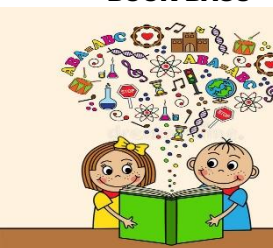




DAY	TIME	HALL	CAFE	PAMPER ROOM	IT ROOM	GARDEN	COMMUNITY BASED	EXTRA ACTIVITIES OVER THE WEEKS
<b>MON</b>	<b>9-10AM</b>	<b>WELCOME</b> 	<b>WELCOME</b> 		<b>WELCOME</b> 			
	<b>10-11.45</b>	<b>HEALTH + WELLBEING</b> 	<b>MESSY ART</b> 		<b>IT CULTURE DAY</b> 	<b>GARDENING</b> 	<b>SWIMMING</b> 	<b>HEALTH WALKS</b> 
	<b>12-1PM</b>	<b>SOCIALISING</b> 	<b>SOCIALISING</b> 		<b>SOCIALISING</b> 			
	<b>1-2.30PM</b>	<b>WIDLIFE</b> 	<b>PHYSICAL EXERCISE/GAMES</b> 	<b>PAMPER SESSION</b> 	<b>MESSY ART</b> 	<b>GARDENING</b> 		
	<b>2.30-3PM</b>	<b>RELAXATION</b> 	<b>RELAXATION</b> 		<b>RELAXATION</b> 			

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TUES	9-10AM	<b>COMMUNICATION</b> 	<b>COMMUNICATION</b> 		<b>COMMUNICATION</b> 		<b>HEALTH WALKS</b> 		<b>SEASONAL EVENTS HALLOWEEN</b> 
	10AM-11.45AM	<b>MUSIC</b> 	<b>COOKERY</b> 	<b>INDEPENDENT LIVING SKILLS</b> 	<b>COMMUNICATION SKILLS</b> 	<b>GARDENING</b> 	<b>HISTORY IN THE COMMUNITY</b> 		<b>BONFIRE</b> 
	12-1PM	<b>SOCIALISING</b> 	<b>SOCIALISING</b> 		<b>SOCIALISING</b> 				
	1-2.30PM	<b>IT CULTURE DAYS</b> 	<b>STORYTIME BOOK BAGS</b> 	<b>PAMPER SESSION</b> 	<b>HEALTH +WELLBEING</b> 	<b>JOHN MUIR GARDENING</b> 			<b>CHRISTMAS</b> 
	2.30-3.30 PM	<b>RELAXATION</b> 	<b>RELAXATION</b> 		<b>RELAXATION</b> 				<b>NEW YEAR</b> 



**ACTIVITY PLANNER: HIGHCROFT DAY CENTRE OCTOBER 2021-JANUARY 2022**

<p><b>WED</b></p>	<p><b>9-10AM</b></p>	<p><b>COMMUNICATION</b></p> 	<p><b>COMMUNICATION</b></p> 		<p><b>COMMUNICATION</b></p> 																
	<p><b>10-11.45AM</b></p>	<p><b>COMMUNICATION SKILLS</b></p> 	<p><b>MUSIC</b></p> 		<p><b>GARDENING</b></p> 	<p><b>WILDLIFE</b></p> <p>Life in a Pond Words</p> <table border="1" data-bbox="1754 548 1976 789"> <tr> <td> pond</td> <td> cattail</td> <td> fish</td> </tr> <tr> <td> duck</td> <td> frog</td> <td> water lilies</td> </tr> <tr> <td> lily pad</td> <td> turtle</td> <td> grass</td> </tr> <tr> <td> insect</td> <td> gills</td> <td> raccoon</td> </tr> </table>	pond	cattail	fish	duck	frog	water lilies	lily pad	turtle	grass	insect	gills	raccoon	<p><b>SWIMMING</b></p> 		<p><b>HEALTH WALKS</b></p>  <p>walking for health</p>
pond	cattail	fish																			
duck	frog	water lilies																			
lily pad	turtle	grass																			
insect	gills	raccoon																			
	<p><b>12-1PM</b></p>	<p><b>SOCIALISING</b></p> 	<p><b>SOCIALISING</b></p> 		<p><b>SOCIALISING</b></p> 																
	<p><b>1-2.30PM</b></p>	<p><b>STORYTIME BOOK BAGS</b></p> 	<p><b>HEALTH + WELLBEING</b></p> 	<p><b>PAMPER SESSION</b></p> 	<p><b>COOKERY</b></p> 	<p><b>GARDENING</b></p> 	<p><b>ART IN THE COMMUNITY</b></p> 		<p><b>BINGO</b></p> 												
	<p><b>2.30-3PM</b></p>	<p><b>RELAXATION</b></p> 	<p><b>RELAXATION</b></p> 		<p><b>RELAXATION</b></p> 		<p><b>SING&amp;SIGN</b></p> 														

**ACTIVITY PLANNER: HIGHCROFT DAY CENTRE OCTOBER 2021-JANUARY 2022**

THUR	9AM-10	<b>COMMUNICATION</b> 	<b>COMMUNICATION</b> 		<b>COMMUNICATION</b> 				
	10-11.45AM	<b>COOKERY</b> 	<b>ARTS+ CRAFTS</b> 		<b>MUSIC</b> 	<b>GARDENING</b> 			
	12-1PM	<b>SOCIALISING</b> 	<b>SOCIALISING</b> 		<b>SOCIALISING</b> 				
	1-2.30PM	<b>PHYSICAL EXERCISE/GAMES</b> 	<b>GARDENING</b> 	<b>INDEPENDENT LIVING SKILLS</b> 	<b>ARTS+CRAFTS</b> 		<b>COFFEE IN THE COMMUNITY</b> 		
	2-3-30PM	<b>RELAXATION</b> 	<b>RELAXATION</b> 		<b>RELAXATION</b> 				



**ACTIVITY PLANNER: HIGHCROFT DAY CENTRE OCTOBER 2021-JANUARY 2022**

FRI	9-10AM	<b>COMMUNICATION</b>  	<b>COMMUNICATION</b>  		<b>COMMUNICATION</b>  				
	10-11.45	<b>GARDENING</b> 	<b>IT CULTURE DAY</b> 	<b>PAMPER SESSION</b> 	<b>PHYSICAL EXERCISE/GAMES</b> 	<b>WILDLIFE</b> Life in a Pond Words 	<b>SWIMMING</b> 		<b>HEALTH WALKS</b> 
	12-1PM	<b>SOCIALISING</b> 	<b>SOCIALISING</b> 		<b>SOCIALISING</b> 				
	1-2.30PM	<b>MESSY ART</b> 	<b>COMMUNICATION SKILLS</b> 		<b>STORY TIME BOOK BAGS</b> 	<b>GARDENING</b> 	<b>SING&amp;SIGN</b> 		<b>QUIZ TIME</b> 
	2.30-3.30 PM	<b>RELAXATION</b> 	<b>RELAXATION</b> 		<b>RELAXATION</b> 				