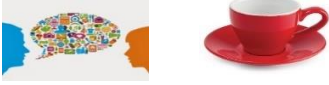









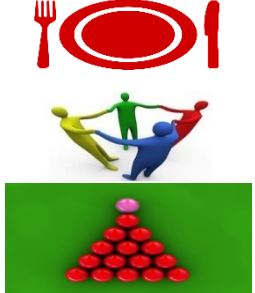















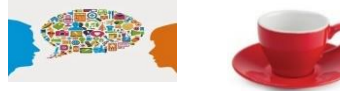
















## ACTIVITY PLANNER: HIGHCROFT DAY CENTRE Sept-Nov 2022

DAY	TIME	HALL	CAFE	PAMPER ROOM	IT ROOM	GARDEN	COMMUNITY BASED		EXTRA ACTIVITIES OVER THE WEEKS
MON	9-10AM	<b>WELCOME</b>  <b>WAKE UP SHAKE UP/ EXERCISES</b> 	<b>WELCOME WAKE UP</b>  <b>SHAKE UP/ EXERCISES</b> 		<b>WELCOME</b>  <b>WAKE UP SHAKE UP/ EXERCISES</b> 				
	10-11.45	<b>WILDLIFE RESEARCH/PROJECT</b> 	<b>TARGET GAMES</b> 	<b>PAMPER SESSION</b>  <b>HALL AM</b>	<b>HEALTH WALK</b> 				
	12-1PM	<b>SOCIALISING</b> 	<b>SOCIALISING</b> 		<b>SOCIALISING</b> 				
	1-2.30PM	<b>TARGET GAMES</b> 	<b>WILDLIFE RESEARCH/PROJECT</b> 	<b>PAMPER SESSION</b>  <b>HALL PM</b>	<b>MESSY ART</b> 				
	2.30-3PM	<b>RELAXATION</b> 	<b>RELAXATION</b> 		<b>RELAXATION</b> 				


















**ACTIVITY PLANNER: HIGHCROFT DAY CENTRE Sept-Nov 2022**

<b>TUES</b>	<b>9-10AM</b>	<p><b>COMMUNICATION</b></p>  <p><b>WAKE UP SHAKE UP/ EXERCISES</b></p> 	<p><b>COMMUNICATION</b></p>  <p><b>WAKE UP SHAKE UP/ EXERCISES</b></p> 		<p><b>COMMUNICATION</b></p>  <p><b>WAKE UP SHAKE UP/ EXERCISES</b></p> 				
	<b>10AM-11.45AM</b>	<p><b>COOKERY</b></p> 	<p><b>COOKERY</b></p> 	<p><b>PAMPER SESSION</b></p>  <p><b>CAFÉ AM</b></p>	<p><b>COOKERY</b></p> 	<p><b>WILDLIFE RESEARCH/PROJECT</b></p>  <p><b>For people not wanting to do cookery</b></p>			
	<b>12-1PM</b>	<p><b>SOCIALISING</b></p> 	<p><b>SOCIALISING</b></p> 		<p><b>SOCIALISING</b></p> 				
	<b>1-2.30PM</b>	<p><b>BINGO!</b></p> 	<p><b>BINGO!</b></p> 	<p><b>PAMPER SESSION</b></p>  <p><b>CAFÉ PM</b></p>	<p><b>BINGO!</b></p> 	<p><b>SING &amp; SIGN</b></p> 			<p><b>HEALTH WALKS</b></p> 























**ACTIVITY PLANNER: HIGHCROFT DAY CENTRE Sept-Nov 2022**

	2.30-3.30 PM	<p><b>RELAXATION</b></p> 	<p><b>Relax</b></p> <p>RELAXATION</p> 		<p><b>Relax</b></p> <p>RELAXATION</p> 			<p>SHOPPING FOR COOKERY INGREDIENTS</p> 
<b>WED</b>	9-10AM	<p><b>COMMUNICATION</b></p>  <p>WAKE UP SHAKE UP/ EXERCISES</p> 	<p><b>COMMUNICATION</b></p>  <p>WAKE UP SHAKE UP/ EXERCISES</p> 		<p><b>COMMUNICATION</b></p>  <p>WAKE UP SHAKE UP/ EXERCISES</p> 			
	10-11.45AM	<p><b>MUSIC/DANCE/SINGING</b></p>  	<p><b>WII GAMES</b></p> 	<p><b>PAMPER SESSION</b></p>  <p>IT AM</p>	<p><b>HEALTH WALK</b></p> 	<p><b>COFFEE MORNING AT CHRISTCHURH</b></p> 		  <p><b>SWIMMING</b></p>
	12-1PM	<p><b>SOCIALISING</b></p>   	<p><b>SOCIALISING</b></p>  		<p><b>SOCIALISING</b></p>  			<p><b>BARGE TRIPS</b></p> 

**ACTIVITY PLANNER: HIGHCROFT DAY CENTRE Sept-Nov 2022**

	1-2.30PM	<b>JABADEO &amp; INDOOR BOWLING</b> 	<b>MUSIC/DANCE/SINGING</b> 	<b>PAMPER SESSION</b>  IT PM	<b>WII GAMES</b> 				
	2.30-3PM	<b>RELAXATION</b> 	<b>RELAXATION</b> 		<b>RELAXATION</b> 				 HEALTH WALKS
<b>THUR</b>	<b>9AM-10</b>	<b>COMMUNICATION</b>  WAKE UP SHAKE UP/ EXERCISES	<b>COMMUNICATION</b>  WAKE UP SHAKE UP/ EXERCISES		<b>COMMUNICATION</b>  WAKE UP SHAKE UP/EXERCISES				
	10-11.45AM	<b>RAY HAPPY TIMES</b> 	<b>HEALTH WALK</b> 		<b>TARGET GAMES</b> 				
	12-1PM	<b>SOCIALISING</b> 	<b>SOCIALISING</b> 		<b>SOCIALISING</b> 				

**ACTIVITY PLANNER: HIGHCROFT DAY CENTRE Sept-Nov 2022**

	1-2.30PM	<b>ARTS+ CRAFTS</b> 	<b>ARTS+ CRAFTS</b> 	<b>PAMPER FOR ANYBODY THAT WOULD LIKE.</b> 	<b>ARTS+CRAFTS</b> 		<b>COFFEE IN THE COMMUNITY</b> 		
	2-3-30PM	<b>RELAXATION</b> 	<b>RELAXATION</b> 		 <b>RELAXATION</b> 				
<b>FRI</b>	9-10AM	<b>COMMUNICATION</b>  <b>WAKE UP SHAKE UP/ EXERCISES</b> 	<b>COMMUNICATION</b>  <b>WAKE UP SHAKE UP/ EXERCISES</b> 		<b>COMMUNICATION</b>  <b>WAKE UP SHAKE UP/ EXERCISES</b> 				
	10-11.45	<b>DRAMA</b> 	<b>WII GAMES</b> 	<b>PAMPER SESSION</b> 	<b>DRAMA IN THE HALL</b>				
	12-1PM	<b>SOCIALISING</b>  	<b>SOCIALISING</b>  		<b>SOCIALISING</b> 