













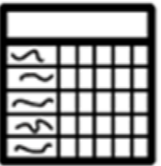










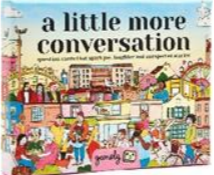



# EASTHAM ACTIVITY VISUAL PLANNER APRIL – JULY 2024

DAY	TIME	MAIN HALL	COMMUNITY	STAR	HOBBIES	ACTIVITY	MUSIC & ART	OTHER
<b>MONDAY</b>	9.30-10	ZUMBA 	PREPARE FOR WOODS	EXERCISES 	EXERCISES 	JABADEO & EDUCATIONAL SONGS 		
	10-12	CURLING 	EASTHAM WOODS 	ART & CRAFTS 	WII GAMES/ CRAFTS  	BAG BOOKS/ READING GROUP  		LUNCH OUT & BROMBOROUGH BOWLING 11.30-2.30PM (Collect Highcroft) £4.10 
	1-2.30	BINGO £1 		BINGO £1 	BINGO £1 	BINGO £1 		WALK (THOSE THAT DON'T WANT TO PLAY BINGO) 
	2.30-2.40	SIGN OF THE WEEK MAKATON 	SIGN OF THE WEEK MAKATON 	SIGN OF THE WEEK MAKATON 	SIGN OF THE WEEK MAKATON 	SIGN OF THE WEEK MAKATON 		
	2.40-3	RELAXING MUSIC/ WIND DOWN 	RELAXING MUSIC/ WIND DOWN 	RELAXING MUSIC/ WIND DOWN 	CONVERSATION CARDS 	RELAXING MUSIC/ WIND DOWN 		

# EASTHAM ACTIVITY VISUAL PLANNER APRIL – JULY 2024

DAY	TIME	MAIN HALL	COMMUNITY	STAR	HOBBIES	ACTIVITY	MUSIC	OTHER
<b>TUESDAY</b>	9.30-10	<b>MR MOTIVATOR</b> 	<b>PREPARE FOR WOODS</b> 	<b>EXERCISES</b> 	<b>EXERCISES &amp; DANCE FIT</b> 	<b>BODY AWARENESS</b> 		
	10-12	<b>ART / KAREOKE</b> 	<b>EASTHAM WOODS</b> 	<b>WII GAMES &amp; PAMPER</b> 	<b>BAG BOOKS/ READING GROUP</b> 	<b>SENSORY ART/ TARGET SKILLS</b> 	<b>READING GROUP (WITH LUCY)</b> 	<b>EASTHAM LIBRARY 10-12</b> 
	1-2.30	<b>LEGO THERAPY / PAMPER</b> 			<b>BOCCIA / FLOOR GAMES</b> 	<b>TARGET SKILLS/ TABLETOP GAMES</b> 	<b>SENSORY CART</b> 	<b>DRAMA/ ROLE PLAY (WITH MARCO)</b> 
	2.30-2.40	<b>SIGN OF THE WEEK MAKATON</b> 	<b>SIGN OF THE WEEK MAKATON</b> 	<b>SIGN OF THE WEEK MAKATON</b> 	<b>SIGN OF THE WEEK MAKATON</b> 	<b>SIGN OF THE WEEK MAKATON</b> 		
	2.40-3	<b>RELAXING MUSIC/ WIND DOWN</b> 	<b>RELAXING MUSIC/ WIND DOWN</b> 	<b>RELAXING MUSIC/ WIND DOWN</b> 	<b>RELAXING MUSIC/ WIND DOWN</b> 	<b>RELAXING MUSIC/ WIND DOWN</b> 		


























# EASTHAM ACTIVITY VISUAL PLANNER APRIL – JULY 2024

DAY	TIME	HALL	COMMUNITY	STAR	HOBBIES	ACTIVITY	MUSIC	OTHER
WED	9.30-10	EXERCISES 	PREPARE FOR HOOTON	EXERCISES 	EXERCISES 	CHAIR EXERCISES <b>SEATED CHAIR EXERCISES</b> 		PAMPER SESSION (PM) 
	10-12	BAKING & FOOD HYGIENE 	HOON PARK 	BAKING & FOOD HYGIENE 	BAKING & FOOD HYGIENE 	BAKING & FOOD HYGIENE 		EASTHAM LIBRARY (10-12) 
	1-2.30	JIGSAW DANCE / FLOOR GAMES 		MUSIC THERAPY 	LEGO THERAPY 	KARAOKE or Delamere Centre 1-2.45pm £1 per week 	DRAMA £2.50 PER WEEK (MARCO & JULIA) 	JOHN MUIR AT HIGHCROFT 
	2.30-2.40	SIGN OF THE WEEK MAKATON 	SIGN OF THE WEEK MAKATON 	SIGN OF THE WEEK MAKATON 	SIGN OF THE WEEK MAKATON 	SIGN OF THE WEEK MAKATON 		FOOTBALL TRFC £2 (Collect Highcroft) 1.30-2.30PM 
	2.40-3	THAI CHI 	RELAXING MUSIC/ WIND DOWN 	RELAXING MUSIC/ WIND DOWN 	RELAXING MUSIC/ WIND DOWN 	RELAXING MUSIC/ WIND DOWN 		

# EASTHAM ACTIVITY VISUAL PLANNER APRIL – JULY 2024

DAY	TIME	HALL	COMMUNITY	STAR	HOBBIES	ACTIVITY	MUSIC	OTHER
THURSDAY	9.30-10	<b>EXERCISES</b> 		<b>EXERCISES</b> 	<b>EXERCISES &amp; DANCE FIT</b> 	<b>DANCING: YOUTUBE VIDEO</b> 		
	10-11	<b>HEALTH &amp; WELLBEING</b> 		<b>INDOOR BOWLING/ FLOOR GAMES</b> 	<b>LIFE SKILLS</b> 	<b>MESSY ART/ TUFF TRAYS</b> 	<b>LITERACY &amp; NUMERACY (WITH LUCY/ SARA)</b> 	<b>TABLE TENNIS (WITH PHIL)</b> 
	11-12	<b>KARAOKE</b> 	<b>ST DAVIDS CHURCH – LUNCH CHILL &amp; CHAT 11-1PM</b> 	<b>DANCING: YOUTUBE VIDEO</b> 	<b>GARDENING</b> 	<b>TABLETOP GAMES/ IPAD SESSION</b> 		<b>SHOPPING FOR COOKERY INGREDIENTS</b> 
	1-2.30	<b>ABC GAME/QUIZ</b> 	<b>BROMBOROUGH BOWLING 1-2.30PM £4.10</b> 	<b>LIFE SKILLS</b> 	<b>GARDENING</b> 	<b>LEGO THERAPY</b> 		
	2.30-2.40	<b>SIGN OF THE WEEK MAKATON</b> 		<b>SIGN OF THE WEEK MAKATON</b> 	<b>SIGN OF THE WEEK MAKATON</b> 	<b>SIGN OF THE WEEK MAKATON</b> 		
	2.40-3	<b>RELAXING MUSIC/ WIND DOWN</b> 		<b>WII GAMES</b> 	<b>KARAOKE</b> 	<b>CONVERSATION CARDS</b> 		

# EASTHAM ACTIVITY VISUAL PLANNER APRIL – JULY 2024

DAY	TIME	HALL	COMMUNITY	STAR	HOBBIES	ACTIVITY	MUSIC	OTHER	
FRIDAY	9.30-10	<b>EXERCISES</b> 		<b>EXERCISES</b> 	<b>HOBBIES ROOM: 9.30-11</b> <b>NET 73 COFFEE MORNING</b> <b>(50P)</b> 	<b>BEANBAG GAME</b> 			
	10-12	<b>COOKERY &amp; FOOD</b> <b>HYGIENE £2</b> 	<b>EASTHAM LIBRARY</b> <b>10-12PM</b> 	<b>COOKERY &amp; FOOD</b> <b>HYGIENE £2</b> 	<b>PREPARE LIGHT LUNCH</b> <b>£2</b> 	<b>COOKERY &amp; FOOD</b> <b>HYGIENE £2</b> 		<b>MESSY FOOD (For none-cookery participants)</b> 	
	1-2.30	<b>IPADS/ PAMPER</b>  	<b>BROMBOROUGH BOWLING 1-2.30PM</b> <b>£4.10</b> 	<b>ART AND CRAFTS</b> 	<b>KAREAOKE</b> 	<b>PAMPER</b> 	<b>KNIT &amp; KNATTER</b> 		
	2.30-2.40	<b>SIGN OF THE WEEK</b> <b>MAKATON</b> 		<b>SIGN OF THE WEEK</b> <b>MAKATON</b> 	<b>SIGN OF THE WEEK</b> <b>MAKATON</b> 	<b>SIGN OF THE WEEK</b> <b>MAKATON</b> 			
	2.30-3	<b>QUIZ</b> 		<b>LEGO THERAPY</b> 	<b>QUIZ / GUESS THE EMOJI</b>  	<b>SENSORY CART</b> 