| DAY | TIME | MAIN HALL | COMMUNITY | STAR | HOBBIES | ΑCTIVITY | MUSIC & ART | OTHER |
|--------|-----------|------------------------------|------------------------------|------------------------------|--------------------|--------------------------------|----------------|---|
| MONDAY | 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 | | WALK (THOSE THAT DON'T'T WANT TO PLAY BINGO) |
| | 2.30-2.40 | SIGN OF THE WEEK | SIGN OF THE WEEK | SIGN OF THE WEEK | SIGN OF THE WEEK | SIGN OF THE WEEK | | |
| | 2.40-3 | RELAXING MUSIC/ WIND DOWN | RELAXING MUSIC/ WIND DOWN | RELAXING MUSIC/ WIND DOWN | CONVERSATION CARDS | RELAXING MUSIC/ WIND DOWN | | |
| | | | | | | | | |

| TIME | MAIN HALL | COMMUNITY | STAR | HOBBIES | ACTIVITY | MUSIC | OTHER |
|-----------|--------------------------------|--|---|---|--|--|---|
| 9.30-10 | MR MOTIVATOR | PREPARE FOR WOODS | EXERCISES | EXERCISES & DANCE FIT | BODY AWARENESS | | |
| | | | | | | | |
| 10-12 | ART / KAREOKE | EASTHAM WOODS | WII GAMES & PAMPER | BAG BOOKS/ READING GROUP | SENSORY ART/ TARGET SKILLS | READING GROUP (WITH LUCY) | EASTHAM LIBRARY 10-12 |
| | | - | | | | | POTTERY (WITH SARA) |
| 1-2.30 | LEGO THERAPY / PAMPER | | BOCCIA / FLOOR GAMES | TARGET SKILLS/ TABLETOP GAMES | SENSORY CART | DRAMA/ ROLE PLAY (WITH MARCO) | |
| 2.30-2.40 | SIGN OF THE WEEK | SIGN OF THE WEEK | SIGN OF THE WEEK | SIGN OF THE WEEK | SIGN OF THE WEEK | | |
| 2.40-3 | RELAXING MUSIC/ WIND DOWN | RELAXING MUSIC/ WIND DOWN | RELAXIING MUSIC/ WIIND DOWN | RELAXING MUSIC/ WIND DOWN | RELAXING MUSIC/ WIND DOWN | | |
| | 9.30-10 10-12 1-2.30 2.30-2.40 | 9.30-10 MR MOTIVATOR Image: state of the s | 9.30-10 MR MOTIVATOR PREPARE FOR WOODS I0-12 ART / KAREOKE EASTHAM WOODS I1-2.30 LEGO THERAPY / PAMPER Image: Comparing the second seco | 9.30-10 MR MOTIVATOR PREPARE FOR WOODS EXERCISES IO-12 ART / KAREOKE EASTHAM WOODS WII GAMES & PAMPER IO-12 ART / KAREOKE EASTHAM WOODS WII GAMES & PAMPER IO-12 ART / KAREOKE EASTHAM WOODS WII GAMES & PAMPER IO-12 ART / KAREOKE EASTHAM WOODS WII GAMES & PAMPER IO-12 IO-12 ART / KAREOKE EASTHAM WOODS WII GAMES & PAMPER IO-12 IO-12 ART / KAREOKE EASTHAM WOODS WII GAMES & PAMPER IO-12 IO-12 IO-12 IO-12 IO-12 IO-12 IO-12 ART / KAREOKE EASTHAM WOODS WII GAMES & PAMPER IO-12 IEGO THERAPY / PAMPER IO-12 IO-12 IO-23 LEGO THERAPY / PAMPER IO-12 IO-12 IO-24-0 SIGN OF THE WEEK SIGN OF THE WEEK IO-12 IO-23-0 ISIGN OF THE WEEK IO-12 IO-12 IO-24-0 IO-24-0 IO-24-0 IO-24-0 IO-24-0 IO-24-0 IO-24-0 IO-24-0 IO-24-0 IO-24-0 IO-24-0 IO- | 9.30-10 MR MOTIVATOR PREPARE FOR WOODS EXERCISES EXERCISES & DANCE FIT IO-12 ART / KAREOKE EASTHAM WOODS WII GAMES & PAMPER BAG BOOKS/ READING GROUP IO-12 ART / KAREOKE EASTHAM WOODS WII GAMES & PAMPER BAG BOOKS/ READING GROUP IO-12 ART / KAREOKE EASTHAM WOODS WII GAMES & PAMPER BAG BOOKS/ READING GROUP IO-12 ART / KAREOKE EASTHAM WOODS WII GAMES & PAMPER BAG BOOKS/ READING GROUP IO-12 ART / KAREOKE EASTHAM WOODS WII GAMES & PAMPER BAG BOOKS/ READING GROUP IO-12 ART / KAREOKE EASTHAM WOODS WII GAMES & PAMPER BAG BOOKS/ READING GROUP IO-12 ART / KAREOKE EASTHAM WOODS WII GAMES & PAMPER BAG BOOKS/ READING GROUP IO-12 ART / KAREOKE EGO THERAPY / PAMPER BOCCIA / FLOOR GAMES TARGET SKILLS/ TABLETOP GAMES I-2.30 LEGO THERAPY / PAMPER SIGN OF THE WEEK SIGN OF THE WEEK SIGN OF THE WEEK IO-2.30 SIGN OF THE WEEK SIGN OF THE WEEK SIGN OF THE WEEK SIGN OF THE WEEK IO-2.30 RELAXING MUSIC/ RELAXING MUSIC/ RELAXING MUSIC/ | 9.30-10 MR MOTIVATOR PREPARE FOR WOODS EXERCISES EXERCISES EXERCISES & DANCE FIT BODY AWARENESS 10-12 ART / KAREOKE EASTHAM WOODS WII GAMES & PAMPER BAG BOOKS/ READING GROUP SENSORY ART/ TARGET SKILLS 10-12 ART / KAREOKE EASTHAM WOODS WII GAMES & PAMPER BAG BOOKS/ READING GROUP SENSORY ART/ TARGET SKILLS 10-12 ART / KAREOKE EASTHAM WOODS WII GAMES & PAMPER BAG BOOKS/ READING GROUP SENSORY ART/ TARGET SKILLS 10-12 ART / KAREOKE EASTHAM WOODS WII GAMES & PAMPER BAG BOOKS/ READING GROUP SENSORY CART 10-12 ART / KAREOKE EASTHAM WOODS WII GAMES & PAMPER BAG BOOKS/ READING GROUP SENSORY CART 10-12 ART / KAREOKE EGO THERAPY / PAMPER BOCCIA / FLOOR GAMES TARGET SKILLS/ TABLETOP GAMES SENSORY CART 10-2.30 LEGO THERAPY / PAMPER SIGN OF THE WEEK SIGN OF THE WEEK <td< td=""><td>9.30-10 MR MOTIVATOR PREPARE FOR WOODS EXERCISES EXERCISES BODY AWARENESS 10-12 ART / KAREOKE EASTHAM WOODS WII GAMES & PAMPER BAG BOOKS/ READING GROUP SENSORY ART/ TARGET SKILLS/ DAG BOOKS/ READING GROUP R</td></td<> | 9.30-10 MR MOTIVATOR PREPARE FOR WOODS EXERCISES EXERCISES BODY AWARENESS 10-12 ART / KAREOKE EASTHAM WOODS WII GAMES & PAMPER BAG BOOKS/ READING GROUP SENSORY ART/ TARGET SKILLS/ DAG BOOKS/ READING GROUP R |

| DAY | TIME | HALL | COMMUNITY | STAR | HOBBIES | ACTIVITY | MUSIC | OTHER |
|-----|-----------|-------------------------------|------------------------------|------------------------------|------------------------------|---|---|--|
| WED | 9.30-10 | EXERCISES | PREPARE FOR HOOTON | EXERCISES | EXERCISES | CHAIR EXERCISES | | PAMPER SESSION (PM) |
| | 10-12 | BAKING & FOOD HYGIENE | HOOON 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 | SIGN OF THE WEEK | SIGN OF THE WEEK | SIGN OF THE WEEK | SIGN OF THE WEEK | | 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 | | |

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

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