









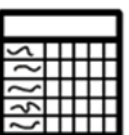

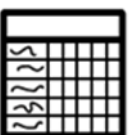


















































## EASTHAM ACTIVITY VISUAL PLANNER SUMMER 2023







DAY	TIME	MAIN HALL	MUSIC/ART	STAR ROOM	HOBBIES	ACTIVITY	OTHER
<b>MONDAY</b>	9.30-10	EXERCISES 	PREPARE FOR WOODS	EXERCISES 	EXERCISES & DANCE FIT 	JABADEO & EDUCATIONAL SONGS 	
	10-12	INDOOR BOWLING 	EASTHAM WOODS 	ARTS & CRAFTS 	BAG BOOKS/ LITERACY 	TARGET SKILLS 	LUNCH OUT & BROMBOROUGH BOWLING £4.10 
	1-2.30	BINGO £1 		BINGO £1 	BINGO £1 	BINGO £1 	WALK (THOSE THAT DON'T WANT TO PLAY BINGO) 
	2.30-3	RELAXING MUSIC/ WIND DOWN 	RELAXING MUSIC/ WIND DOWN 	RELAXING MUSIC/ WIND DOWN 	CONVERSATION CARDS 	RELAXING MUSIC/ WIND DOWN 	POTTERY 
<b>TUESDAY</b>	9.30-10	EXERCISES 	PREPARE FOR WOODS	EXERCISES 	EXERCISES & DANCE FIT 	BODY AWARENESS 	EASTHAM LIBRARY (9-1pm) 
	10-12	BOCCIA 	EASTHAM WOODS 	WII GAMES & PAMPER 	LOCAL WALK & PURCHASE BAKING INGREDIENTS/ BOARD GAMES 	SENSORY ART/ TARGET SKILLS 	
	1-2.30	DANCING (YOU TUBE) 		ART & CRAFTS 	TARGET SKILLS 	BAG BOOKS/ READING GROUP 	

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	2.30-3	RELAXING MUSIC/ WIND DOWN 	RELAXING MUSIC/ WIND DOWN 	CONVERSATION CARDS 	RELAXING MUSIC/ WIND DOWN 	RELAXING MUSIC/ WIND DOWN 	POTTERY 
<b>WEDNESDAY</b>	9.30-10	EXERCISES 	PREPARE FOR HOOTON	EXERCISES 	EXERCISES 	JABADEO & EDUCATIONAL SONGS 	PAMPER SESSION (PM) LEGO THERAPY (PM) 
	10-12	BAKING & FOOD HYGIENE 	HOON PARK 	BAKING & FOOD HYGIENE 	BAKING & FOOD HYGIENE 	BAKING & FOOD HYGIENE 	EASTHAM LIBRARY (9-1pm) 
	1-2.30	JIGSAW DANCE 		MUSIC THERAPY 	JABADEO/ PAMPER 	KARAOKE 	DRAMA 10-11 £10 A MONTH 
	2.20-3	RELAXING MUSIC/ WIND DOWN 	RELAXING MUSIC/ WIND DOWN 	RELAXING MUSIC/ WIND DOWN 	RELAXING MUSIC/ WIND DOWN 	RELAXING MUSIC/ WIND DOWN 	EASTHAM WOODS VOLUNTEERING (All day) 
<b>THURSDAY</b>	9.30-10	EXERCISES 	EXERCISES 	EXERCISES 	EXERCISES & DANCE FIT 	DANCING: YOUTUBE VIDEO 	
	10-11	HEALTH & WELLBEING 	PAMPER 	INDOOR BOWLING/TARGET GAMES 	LIFE SKILLS 	MESSY ART/ TUFF TRAYS 	TABLE TENNIS 



# EASTHAM ACTIVITY VISUAL PLANNER SUMMER 2023

	11-12	<b>KARAOKE</b> 	<b>CHAIR EXERCISES</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>IPAD SESSION</b> 	<b>LIFE SKILLS</b> 	<b>GARDENING</b> 	<b>GARDENING/ WALK</b> 	<b>BROMBOROUGH BOWLING £4.10</b> 
	2.30-3	<b>RELAXING MUSIC/ WIND DOWN</b> 	<b>RELAXING MUSIC/ WIND DOWN</b> 	<b>WII GAMES</b> 	<b>KAREOKE</b> 	<b>RELAXING MUSIC/ WIND DOWN</b> 	<b>TENNIS IN COMMUNITY (AM)</b> 
<b>FRIDAY</b>	9.30-10	<b>EXERCISES</b> 	<b>EXERCISES</b> 	<b>EXERCISES</b> 	<b>HOBBIES ROOM: 9.30-11 NET 73 COFFEE MORNING (50P)</b> 	<b>COOKERY &amp; FOOD HYGIENE £2.50</b> 	<b>EASTHAM LIBRARY (9-1pm)</b> 
	10-12	<b>COOKERY &amp; FOOD HYGIENE £2.50</b> 	<b>COOKERY &amp; FOOD HYGIENE £2.50</b> 	<b>COOKERY &amp; FOOD HYGIENE £2.50</b> 	<b>PREPARE LIGHT LUNCH</b> 	<b>JABADEO</b> 	<b>MESSY FOOD (For none-cookery participants)</b> 
	1-2.30	<b>IPADS/ PAMPER</b> 	<b>LITERACY/ NUMERACY</b> 	<b>INDOOR GAMES (BOWLING/ JABADEO)</b> 	<b>KAREOKE</b> 	<b>SENSORY PAMPER</b> 	<b>BROMBOROUGH BOWLING £4.10</b> 
	2.30-3	<b>QUIZ</b> 	<b>QUIZ</b> 	<b>LEGO THERAPY</b> 	<b>OBJECT RECOGNITION &amp; MEMORY RECALL</b> 	<b>INDOOR BOWLING</b> 	<b>POTTERY</b> 