





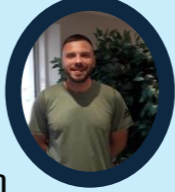


Windsor Lounge

<p>Monday 10am - Art & Crafts</p>  <p>2pm-film</p>	<p>Tuesday 10am- Brain Training; Crosswords & Puzzles</p>  <p>2pm- Oomph Choice documentary</p>	<p>Wednesday 10am- Tokyo Tour and planting sunflowers</p>  <p>2pm- Oomph Choice</p>	<p>Thursday 10am-baking & decorating</p>  <p>2pm- Oomph music</p>	<p>Friday 10.45am- Exercise; With Igor</p>  <p>2pm- Oomph Choice</p>	<p>Saturday 10am- Brain Training; Games & Puzzles</p>  <p>2pm-Oomph Choice</p>	<p>Sunday 10am- Mindfulness; Musical Relaxation</p>  <p>2pm-Oomph Choice</p>
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Windsor - The Film House

<p>Monday 2pm - Quiz</p> 	<p>Tuesday 2pm- Fun and Games; Bingo</p> 	<p>Wednesday 2pm- Afternoon Film; Resident's Choice Oliver</p> 	<p>Thursday 2pm-Chris Saunders entertainment</p> 	<p>Friday 2pm- Knitting & Natter club</p> 	<p>Saturday 2pm-Brain Training Jigsaw & Puzzles</p> 	<p>Sunday 2pm- Afternoon Film; Resident's Choice</p> 
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Balmoral Lounge

<p>Monday 10am- Chair based exercises</p>  <p>2pm-Film</p>	<p>Tuesday 10am-remembrance</p>  <p>2pm- Tv-choice</p>	<p>Wednesday 10am- Arts & Crafts</p>  <p>2pm-Oomph Choice documentary</p>	<p>Tuesday 9am- TV Choice</p>  <p>2pm- Oomph Choice</p>	<p>Friday 10.30am- Exercise With Igor</p>  <p>2pm- Film</p>	<p>Saturday 10am- Mindfulness; Musical Relaxation</p>  <p>2pm-Oomph Choice</p>	<p>Sunday 9am- TV Choice</p>  <p>2pm- Oomph Choice</p>
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Balmoral - The Orangery and The Zen Room

<p>Monday ZEN- Music and Movement</p>  <p>Orangery- Oomph Choice</p>	<p>Tuesday ZEN- Sensory Stimulation</p>  <p>jigsaws & puzzles</p>	<p>Wednesday ZEN- Games & Puzzles</p>  <p>Orangery- Relaxation</p>	<p>Thursday ZEN- Art & crafts</p>  <p>Orangery- Music</p>	<p>Friday ZEN- Music and Movement</p>  <p>Orangery- Oomph Choice</p>	<p>Saturday ZEN- Sensory Stimulation</p>  <p>Orangery- Oomph Choice</p>	<p>Sunday ZEN- Jigsaw & Puzzles</p>  <p>Orangery- Oomph Choice</p>
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