
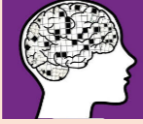
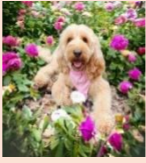
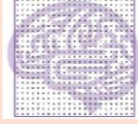
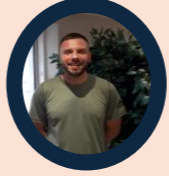
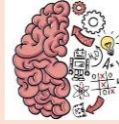










Windsor Lounge

<p>Monday 9am - Mindfulness; Colouring</p>  <p>2pm- Oomph Choice</p>	<p>Tuesday 9am- Brain Training; Crosswords & Puzzles</p>  <p>2pm- Oomph Choice</p>	<p>Wednesday 9am- Tokyo Tour and Colouring</p>  <p>2pm- Oomph Choice</p>	<p>Thursday 9am- Brain Training; Wordsearches & Puzzles</p>  <p>2pm- Oomph Choice</p>	<p>Friday 10am- 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 – shopping trip to London Colney</p> 	<p>Tuesday 2pm- Fun and Games; Bingo</p> 	<p>Wednesday 2pm- Afternoon Film; Resident's Choice</p> 	<p>Thursday 11am- Gentlemen's Club Beer, Crisps & TV Choice</p> 	<p>Friday 2pm- Fun and Games; Basketball</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- Mindfulness; Musical Relaxation</p>  <p>2pm-Oomph Choice</p>	<p>Tuesday 9am- TV Choice</p>  <p>2pm- Oomph Choice</p>	<p>Wednesday 10am- Mindfulness; Musical Relaxation</p>  <p>2pm-Oomph Choice</p>	<p>Tuesday 9am- TV Choice</p>  <p>2pm- Oomph Choice</p>	<p>Friday 10.30am- Exercise With Igor</p>  <p>2pm- Oomph Choice</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>Orangery- Oomph Choice</p>	<p>Wednesday ZEN- Games & Puzzles</p>  <p>Orangery- Oomph Choice</p>	<p>Thursday ZEN- Jigsaw & Puzzles</p>  <p>Orangery- Oomph Choice</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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