

















# Attleborough Grange 'What's on': Sample activity planner

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	<b>Word searches</b> ask staff 	<b>Fruit trolley</b> 	<b>Let's make cupcakes!</b> 	<b>Warble</b> with Warren 	<b>Calm colouring</b> ask staff 	<b>Walk to the shops</b> 	<b>Arts &amp; crafts</b> 
PM	<b>Read a book</b> 	<b>Wellness walk</b> 	<b>Cupcake decorating</b> 	<b>1-2-1</b> with Warren 	<b>Dominoes</b> Abbey lounge 	<b>Armchair exercises</b> 	<b>Arts &amp; crafts</b> 
EVE	<b>Watch a movie</b> 	<b>Listen to your favourite music</b> 	<b>1-2-1 - just the two of us</b> 	<b>Armchair exercises</b> with Warren 	<b>Relax &amp; unwind</b> 	<b>Watch a movie</b> 	<b>Tea &amp; chat</b> with friends 