

The Limes 'What's on': Sample activity planner

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	<p>Join me in the garden for coffee and quiz!</p> 	<p>Cakes for sale! on reception £1 a cake!</p> 	<p>Fresh & fruity! Make your own fruit salad</p> 	<p>Wake & shake! music with Louisa in upstairs lounge</p> 	<p>Get your hair done with Jessica from 10am</p> 	<p>Ask a carer to go on a walk</p> 	<p>Call a loved one</p> 
PM	<p>Power down: gentle exercise 2pm downstairs lounge</p> 	<p>Fancy lunch in the garden? Let's go!</p> 	<p>Memory lane: working on our photo albums together</p> 	<p>National tea day fancy a brew and jigsaw together?</p> 	<p>World book day Who will you dress up as?</p> 	<p>Grab a partner & a board game</p> 	<p>Sudoku</p> 
EVE	<p>Karaoke sing along with Louisa 3.30-4.30pm</p> 	<p>1-2-1: mindful colouring packs</p> 	<p>Chinese language day: a taste of China</p> 	<p>Evening bingo</p> 	<p>Poetry reading</p> 	<p>Grab your popcorn! Let's watch a film</p> 	<p>Word searches & crosswords</p> 