

Westlands 'What's on': Sample activity planner

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	You ask, we listen, we act 	Wellness walks with Mel 	Armchair exercises 	Arts & crafts with Mel 	Calm colouring 	Puzzles & Games 	Pamper morning 
PM	Ready steady bake! with Deb 	1-2-1's with Mel 	Bingo! top floor 	Duets & sing alongs all floors 	Karaoke classics with Mel 	Enjoy time in the garden 	Tea & cake in the garden 
EVE	Activity bag options ask staff 	Movie night with popcorn 	YouTube music memories 	with Duncan 	Coffee, cake and chats 	Classic movie night 	Pamper evening 