

# Castle Brook 'What's on': Sample activity planner

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	<p><b>Nail pampering</b> 1-2-1</p> 	<p><b>Laughter yoga</b> on Barbican</p> 	<p><b>Walk in the garden</b></p> 	<p><b>11am Sing along</b> in reception</p> 	<p><b>Armchair exercises</b></p> 	<p><b>Poetry club</b> on Crenel</p> 	<p><b>Church service</b> in cinema &amp; household TVs</p> 
PM	<p><b>Music quiz</b> on Crenel</p> 	<p><b>2pm Church service</b> with Dylan</p> 	<p><b>Elvis week!</b> Elvis songs &amp; dance</p> 	<p><b>Walk in the garden</b></p> 	<p><b>Games afternoon</b> on Allure</p> 	<p><b>Lemonade making</b> on Berm</p> 	<p><b>Afternoon tea</b> on Berm</p> 
EVE	<p><b>Table tennis</b></p> 	<p><b>Adult colouring</b></p> 	<p><b>Let's do a jigsaw</b></p> 	<p><b>Game of cards</b></p> 	<p><b>Chat with friends over coffee</b></p> 	<p><b>Movie evening</b> in cinema &amp; household TVs</p> 	<p><b>Listen to your favourite music</b></p> 