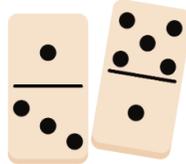
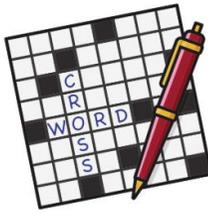


Sycamores 'What's on': Sample activity planner

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	<p>Canalside walk</p> 	<p>Brainbuster quiz</p> 	<p>Dominoes tournament at Four Ways</p> 	<p>Grooving with Grahame</p> 	<p>Sydni Centre Bingo club</p> 	<p>Walk in the wild</p> 	<p>Move to the groove</p> 
PM	<p>Knitter natter</p> 	<p>The music shed</p> 	<p>Creative corner</p> 	<p>Great Sycamores Bake Off!</p> 	<p>Sydni Centre Lunch club</p> 	<p>Shopping trip to Asda</p> 	<p>Garden games</p> 
EVE	<p>Dominoes practice</p> 	<p>Let's catch up on our Soaps</p> 	<p>Crosswords</p> 	<p>Puzzles</p> 	<p>Tabletop board games</p> 	<p>Movie night</p> 	<p>Songs of Praise</p> 