

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

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