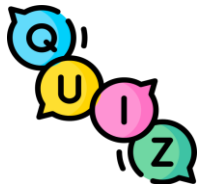
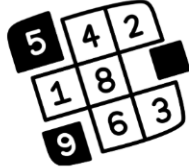


The Limes 'What's on': Sample activity planner

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