

Monthly Activity Program December 2022



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			10.30am Exercise Coppin Hall 11am Church Service 11.30am Games/Puzzles/Art 1pm Walking Group 2pm Opera 1:1 Room Visits at 4pm	10.30am Exercise Coppin Hall 11.30am Games/Puzzles/Art 11.30am Walking Group 1pm Movie/Nature DVD 1:1 Room Visits at 4pm	10.30am Sunshine Therapy 1pm Walking Group 2pm Movie/Natu 4pm Moubray Cinema re 1:1 Room Visits at 11am	10am Musical Hangman 1pm Poetry Reading 2pm Movie Moubray Cin. 4pm Pool Billiards 1:1 Room Visits at 11am
10.30am Exercise Coppin Hall 11am Games/Puzzles/Art 11.30am Walking Group Volunteer Day 1:1 Room Visits at 4pm	10.30am Exercise Coppin Hall 11am Walking/Sunshine Therapy Discussion Nature DVD 1.30pm 4pm Grid Jumble Words	9:30 am Scenic Bus Trip 11am Walking Group 2 pm Happy Hour Civil Aviation Day 1:1 Room Visits at 4pm	10.30am Exercise Coppin Hall 11am Card Games 11.30am Sunshine Therapy / Walking Group 1pm Walking Group 2pm Movie Moubray Cine 1:1 Room Visits at 4pm	10.30am Sunshine Therapy 11.30am Walking Group 11.30am Movie/Nature 1pm Coffee club 1:1 Room Visits at 4pm	10.30am Sunshine Therapy 1pm Walking Group 2pm Movie/Natu 4pm Moubray Cinema re 1:1 Room Visits at 11am	10am Musical Hangman 1pm Poetry Reading 2pm Movie Moubray Cin. 4pm Pool Billiards 1:1 Room Visits at 11am
10.30am Exercise Coppin Hall 11am Music Appreciation 11.30am Games/Puzzles/Art Level 1Activity Room 1:1 Room Visits at 4pm	10.30am Exercise Coppin Hall 11am Walking/Sunshine Therapy Discussion Nature DVD 1.30pm 4pm Grid Jumble Words	9:30 am Exercise Coppin Hall 11am Card Games 1 pm Sunshine Therapy / Walking Group 2pm Movie Moubray Cine 1:1 Room Visits at 4pm	10.30am Exercise Coppin Hall 11am Church Service 11.30am Games/Puzzles/Art 1pm Walking Group 2pm Movie/Nature DVD 1:1 Room Visits at 4pm	10.30am Sunshine Therapy 11.30am Walking Group 11.30am Movie/Nature 1pm Games Moubray 1:1 Room Visits at 4pm	10.30am Sunshine Therapy 1pm Walking Group 2pm Movie/Natu 4pm Moubray Cinema re 1:1 Room Visits at 11am	10am Musical Hangman 1pm Poetry Reading 2pm Movie Moubray Cin. 4pm Pool Billiards 1:1 Room Visits at 11am
10.30am Exercise Coppin Hall 11am Music Appreciation 11.30am Games/Puzzles/Art Level 1Activity Room 1:1 Room Visits at 4pm	10.30am Exercise Coppin Hall 11am Walking/Sunshine Therapy Discussion Nature DVD 1.30pm 4pm Grid Jumble Words	9:30 am Scenic Bus Trip 11am Walking Group 2 pm Happy Hour Coppin Hall 1:1 Room Visits at 4pm	10.30am Exercise Coppin Hall 11am Card Games - Sunshine 1pm Therapy / Walking 2pm Movie Moubray Cin. 1:1 Room Visits at 3pm	10.30am Exercise Coppin Hall 11.30am Games/Puzzles/Art 11.30am Walking Group 1pm Movie/Nature DVD 1:1 Room Visits at 4pm	10.30am Sunshine Therapy 1pm Walking Group 2pm Movie/Natu 4pm Moubray Cinema re 1:1 Room Visits at 11am	10am Musical Hangman 1pm Poetry Reading 2pm Movie Moubray Cin. 4pm Pool Billiards 1:1 Room Visits at 11am
10.30am Exercise Coppin Hall 11am Music Appreciation 11.30am Games/Puzzles/Art Level 1Activity Room 1:1 Room Visits at 4pm	10.30am Exercise Coppin Hall 11am Walking/Sunshine Therapy Discussion Nature DVD 1.30pm 4pm Grid Jumble Words	9:30 am Shopping Bus Trip 11am Walking Group 2 pm Happy Hour Coppin Hall 1:1 Room Visits at 4pm	10.30am Exercise Coppin Hall 11am Church Service 11.30am Games/Puzzles/Art 1pm Walking Group 2pm Movie/Nature DVD 1:1 Room Visits at 4pm	10.30am Exercise Coppin Hall 11.30am Games/Puzzles/Art 11.30am Walking Group 1pm Movie in lounge 1:1 Room Visits at 4pm		

Sometimes events can be changed due to circumstances beyond our control. Special events can occur at short notice and you will get a special invitation delivered to your door.