AMZ
ACTIVITIES GROUP

OUR WEEKLY TIMETABLE

Something for everyone, every day

FRIENDS
ACTIVITIES
WELLBEING
FUN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING 10:30 – 12:30	**MORNING 10:30 – 12:30**	**MORNING 10:30 – 12:30**	**MORNING 10:30 – 12:30**	**MORNING 10:30 – 12:30**
Drumming	Pool	Boccia	Baking / Cooking	Game Time
Knitting		Team Games		Makaton Fun
Arts & Crafts		Meditation / Relaxation		
AFTERNOON 1:00 – 3:00	**AFTERNOON 1:00 – 3:00**	**AFTERNOON 1:00 – 3:00**	**AFTERNOON 1:00 – 3:00**	**AFTERNOON 1:00 – 3:00**
Bingo	Jewellery & Accessory Making	Musical Fun	Walking Football	Music, Movement & Social
Pool		Arts & Crafts	Jamming Session / Bass & Guitar	
Karaoke		Darts	Bingo	

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