

ACTIVITIES PLANNER 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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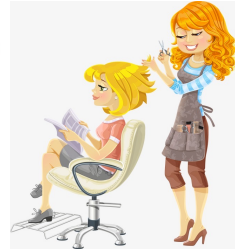
AM



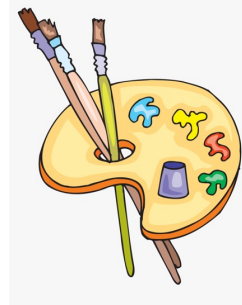
Pamper



G-Fitness Class



Hair Dresser



Arts & Crafts



G-Fitness Class



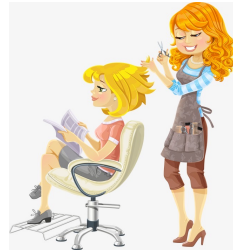
Karaoke



PM



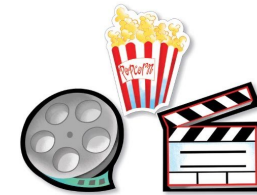
Pamper



Hair Dresser



Games (including electronic)



Movie Night



Sing & Dance

PLEASE NOTE THE PLANNER VARIES WEEKLY

Please speak to us if you would like personalised 1 to 1 activity or an idea for a group activity.