

WELLBEING TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
10.30am – 11.00am: Coffee Morning before Wellbeing Activities begin			
Mindfulness and Relaxation Group (Zoom) 11am – 12noon	Seated Exercise Group 11am – 12noon	Music Therapy Session 11am – 12noon	Hybrid Seated Exercise Session 11am – 12noon
12noon – 1.30pm: Lunch and natter			
	Activity Group: Arts and Crafts 1.30pm – 3pm	Green Shoots Gardening Group 1.30pm – 2.45pm	Floristry 1.30pm – 3pm (Once a fortnight)
		Pets As Therapy Dog Visit 2pm – 3pm	Activity Group: Games 1.30pm – 3pm
			Therapies for the Senses (Zoom) 3pm – 4.30pm