

Activity Timetable



Monday	Tuesday	Wednesday	Thursday	Friday
10am - 12pm	10am - 12pm	10am - 12pm	10am - 12pm	10am - 12pm
<p>Cooking Preparing a meal— Soup, tartlets, something for your tea tonight... etc.</p>	<p>Arts and Crafts Please choose from attached activities Graham & Karen Singing Video</p>	<p>Pamper Yourself Hair and Nails Relaxation Time Try our Relaxation downloads</p>	<p>Baking Cakes, biscuits, muffins Make yourself a pudding for tonight!</p>	<p>House chores Tidy bed room and make bed Hoover, Dust, Clean Windows... etc.</p>
Lunch	Lunch	Lunch	Lunch	Lunch
1pm - 3pm	1pm - 3pm	1pm - 3pm	1pm - 3pm	1pm - 3pm
<p>3 Rs Reading, Writing and Numerical Skills Graham & Karen Singing Videos</p>	<p>Life Skills Money skills, Sewing, Ironing, how to pay bills... etc.</p>	<p>Exercise Class Joe Wick on Youtube is great or try one of the web links attached</p>	<p>Book/Poetry Club Try to write a poem or make some Rhymes Discuss articles in the paper—What are your thoughts?</p>	<p>Quiz Time Try one of our quizzes Dance to Music Make up your own dance routine!</p>