













ACTIVITIES AT OAKLAND GRANGE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Morning	Morning	Morning	Morning	Morning	Morning
<p>Coffee in the conservatory Come and have a chat</p> 	<p>Nick Activise Exercise 11.30am This is fun - come and see Nick.</p> 	<p>New activity! Zipadeedoodah at 11.15am songs/quizzes</p> <p>Hairdressing with Jodie</p> 	<p>Aromatherapy with Jade</p> 	<p>Anne's Essentials mobile shop 10am Come and have a look!</p> 	<p>Colouring in the conservatory 11:30</p> 	<p>One to One with staff and residents</p> 
Afternoon	Afternoon	Afternoon	Afternoon	Afternoon	Afternoon	Afternoon
<p>BINGO with Staff</p> 	<p>Nail Care with Abby 3pm</p> <p>Want some glamour!</p> 	<p>Walks with staff in the Garden</p>  <p>WALK</p>	<p>Foot spas with Staff 3pm</p> <p>You will be walking on air afterwards</p> 	<p>Music for Health 3.30pm</p> 	<p>Film Afternoon 3pm with Popcorn</p> 	<p>Your Favourite Hymns in the Tudor Lounge 3pm</p> 