

Drayton Court 'What's On': Sample activity planner

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Ball games with Tammy 	Armchair exercises 	Foot spa with Stacey 	Warble with Warren 	MM Trip:  Garden centre 	One-2-one's with Tammy 	Knitting club 
PM	Puzzles & board games 	Arts & crafts with carers 	Trip to local café for lunch 	1-2-1's with Warren 	and lunch! 	Trip to the shops with Stacey 	Wellness walk (weather permitting!) 
EVE	Feet up & relax! 	Scrabble with Tammy on Hall 	Coffee & cake 	Play pool with friends 	Crosswords with friends 	Dominoes with friends 	Film night 