Westlands 'What's on': Sample activity planner

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	**You ask, we listen, we act**	**Wellness walks** with Mel	**Armchair exercises**	**Arts & crafts** with Mel	**Calm colouring**	**Puzzles & Games**	**Pamper morning**
PM	**Ready steady bake!** with Mel	**Moments & games** with Margaret	**Bingo!** top floor	**Duets & sing alongs** all floors	**Karaoke classics** with Mel	**Enjoy time in the garden**	**Tea & cake** in the garden
EVE	**Activity bag options** ask staff	**Movie night with popcorn**	**YouTube music memories**	**with Duncan**	**Coffee, cake and chats**	**Classic movie night**	**Pamper evening**