

Windsor Lounge

<p>Monday 9am - Mindfulness; Colouring  2pm- Oomph Choice</p>	<p>Tuesday 9am- Brain Training; Crosswords & Puzzles  2pm- Oomph Choice</p>	<p>Wednesday 9am- Tokyo Tour and Colouring 10.30 – Church Service  2pm- Oomph Choice</p>	<p>Thursday 9am- Brain Training; Wordsearches & Puzzles  2pm- Oomph Choice</p>	<p>Friday 10am- Exercise; With Igor  2pm- Oomph Choice</p>	<p>Saturday 10am- Brain Training; Games & Puzzles  2pm-Oomph Choice</p>	<p>Sunday 10am- Mindfulness; Musical Relaxation  2pm-Oomph Choice</p>
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Windsor - The Film House

<p>Monday 2pm – Outing to King Harry Pub </p>	<p>Tuesday 2pm- Fun and Games; Bingo </p>	<p>Wednesday 2pm- Afternoon Film; Resident's Choice </p>	<p>Thursday 11am- Gentlemen's Club Beer, Crisps & TV Choice </p>	<p>Friday 2pm- Fun and Games; Basketball </p>	<p>Saturday 2pm-Brain Training Jigsaw & Puzzles </p>	<p>Sunday 2pm- Afternoon Film; Resident's Choice </p>
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Balmoral Lounge

<p>Monday 10am- Mindfulness; Musical Relaxation  2pm-Oomph Choice</p>	<p>Tuesday 9am- TV Choice  2pm- Oomph Choice</p>	<p>Wednesday 10am- Mindfulness; Musical Relaxation  2pm-Oomph Choice</p>	<p>Tuesday 9am- TV Choice  2pm- Oomph Choice</p>	<p>Friday 10.30am- Exercise With Igor  2pm- Oomph Choice</p>	<p>Saturday 10am- Mindfulness; Musical Relaxation  2pm-Oomph Choice</p>	<p>Sunday 9am- TV Choice  2pm- Oomph Choice</p>
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Balmoral - The Orangery and The Zen Room

<p>Monday ZEN- Music and Movement  Orangery- Oomph Choice</p>	<p>Tuesday ZEN- Sensory Stimulation  Orangery- Oomph Choice</p>	<p>Wednesday ZEN- Games & Puzzles  Orangery- Oomph Choice</p>	<p>Thursday ZEN- Jigsaw & Puzzles  Orangery- Oomph Choice</p>	<p>Friday ZEN- Music and Movement  Orangery- Oomph Choice</p>	<p>Saturday ZEN- Sensory Stimulation  Orangery- Oomph Choice</p>	<p>Sunday ZEN- Jigsaw & Puzzles  Orangery- Oomph Choice</p>
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