


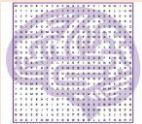












Windsor Lounge

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

Monday 2pm - Art and Crafts  	Tuesday 2pm- Fun and Games; Bingo  	Wednesday 2pm- Afternoon Film; Resident's Choice  	Thursday 11am- Gentlemen's Club Beer, Crisps & TV Choice  	Friday 2pm- Fun and Games; Basketball  	Saturday 2pm-Brain Training Jigsaw & Puzzles  	Sunday 2pm- Afternoon Film; Resident's Choice 
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Balmoral Lounge

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

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