

### Windsor Lounge

**Monday 10<sup>th</sup>**  
11pm Gentle Chair Exercise



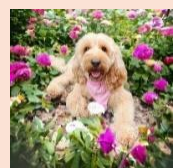
3.30 Flower arrangement

**Tuesday 11<sup>th</sup>**  
11pm Gentle Chair Exercise



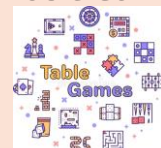
2.45pm Bingo

**Wednesday 12<sup>th</sup>**  
9am- Tokyo Tour



10.45am-bookclub

**Thursday 13<sup>th</sup>**  
10.45am Table Games



2.45pm Brain Training Quiz, Puzzles

**Friday 14<sup>th</sup>**  
10am- Exercise; With Igor



2.45pm Arts & Crafts

**Saturday 15<sup>th</sup>**  
10am- Brain Training; Games & Puzzles



2pm- Film Choice

**Sunday 16<sup>th</sup>**  
10am- Mindfulness; Musical Relaxation



2pm-Oomph Choice

### Windsor - The Film House

**Monday**  
2.15pm Film "Matilda"



**Tuesday**  
2.15pm Film "Forrest Gump"



**Wednesday**  
2.15pm Film "The Illusionist"



**Thursday**  
2.15pm Film "Avatar"



**Friday**  
2.15 pm Film "The keeper"



**Saturday**  
2pm-Brain Training Jigsaw & Puzzles



**Sunday**  
2pm- Afternoon Film; Resident's Choice



### Balmoral Lounge

**Monday**  
10am- Mindfulness; Musical Relaxation



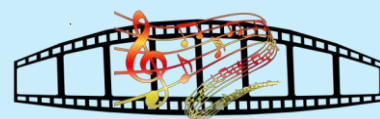
2pm-Theater Music

**Tuesday**  
10am- Art & craft



2pm- music relaxing

**Wednesday**  
10am- musical film



2pm- Documentary

**Thursday**  
10am- Sing Along with Victoria



2pm- documentary

**Friday**  
10.30am- Exercise With Igor



2pm- Oomph Choice

**Saturday**  
10am- Mindfulness; Musical Relaxation



2pm-Oomph Choice

**Sunday**  
9am- TV Choice



2pm- Oomph Choice

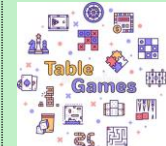
### Balmoral - The Orangery and The Zen Room

**Monday**  
11am ZEN- Music and Movement



2pm Painting

**Tuesday**  
11am Table Games



2pm Magic Table

**Wednesday**  
11am- Games & Puzzles



2pm Magic Table

**Thursday**  
2.30pm Art & craft



**Friday**  
11am Table Games

2pm Bowling



**Saturday**  
11amZEN- Sensory Stimulation



2pm Orangery- Oomph Choice

**Sunday**  
ZEN- Jigsaw & Puzzles



2pm Orangery- Oomph Choice