

**Timetable of Activities at Trees for the week  
Commencing Monday 12 January 2018**

	<b>Monday 15<sup>th</sup> January</b>	<b>Tuesday 16<sup>th</sup> January</b>	<b>Wednesday 17<sup>th</sup> January</b>	<b>Thursday 18<sup>th</sup> January</b>	<b>Friday 16 January</b>	<b>Saturday 17 January</b>	<b>Sunday 18 January</b>
<b>Morning</b>	Balance Class with Jessica 11.00Am - 12.00pm	Tai Chi with Larry 11.00am- 12.00pm	Fitness class With Mischa 11.00am- 12.00pm	Breakfast Club 10am Lesley's Exercise class 11.45am- 12.45pm	Chair Yoga with Jessica 11.00am - 12.00pm		All Saints Church Service 11.30am
<b>Afternoon</b>	Poetry Group 2.00pm - 3.15pm Afternoon Quiz 3.30pm - 4.30pm	Afternoon Tea with Bingo 3.15pm-4.15pm	Music with Peter 4.30pm-5.30pm	Arts and Crafts 3.30 - 4.30pm	Afternoon Tea and Games Volunteers 3.00pm - 5.00pm	Film Club 3.00pm <b>Film to be agreed on the day</b> Refreshments 5.00pm	Sunday Lunch 2.00pm <b>Please be on time</b> <b>Roast dinner</b> <b>And hot pudding</b>
<b>Evening</b>			Evening Meal 5.30pm Chicken and chips plus a dessert				