

# Meadowside

RESIDENTIAL CARE HOME

**Week starting 22<sup>nd</sup> July**

	<i>ACTIVITY</i>	<i>TIMES</i>
<b>MONDAY</b>	Review Meadowside Newspaper	11am
	Topic of the day for discussion – Current affairs	2.30pm
<b>TUESDAY</b>	The hairdressing salon in the conservatory	9.15am
	Hand massage and manicure	2.30pm
<b>WEDNESDAY</b>	Armchair Exercises (Jo)	11am
	Arts & crafts activities with Sarah	2 – 5pm
<b>THURSDAY</b>	Review Meadowside newspaper	11am
	Quiz	2.30pm
<b>FRIDAY</b>	Bird watching in the conservatory	11am
	Games of choice	2.30pm
<b>SATURDAY</b>	Film club	2.30pm
<b>SUNDAY</b>	Reminiscence time	2.30pm