Activities Planner

Thorpe House

6th – 12th January 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Walk Budgeting Colouring and Drawing	Walk Zumba at URC Boardgames	Walk Table Tennis	Walk Gentle Chair Exercises	Walk Activity Planning Virtual Zumba	Walk Activity Planning YouTube Exercises	Walk Activity Planning Church
PM	Walk Keep Fit with Matt Sports Quiz	Walk Crafts *Hamma Beads* Guided Relaxation	Walk Church Service *With Almondbury Church* Card Games *Higher or Lower*	Walk Almondbury Men's Group Chair Yoga with Callum	Walk Crafts *Display Making for Chinese New Year*	Walk Bingo	Walk Movie Afternoon

Purple: Occupational Therapy **Red: External Activities** **Green: Themed or Special Events** **Blue: Regular Groups**