



Tuesday

Wednesday

Thursday

- 10am Welcome refreshments
- 10.15am **Talking Point**
(debate & discussion on current affairs)
- 10.45am **Keep Fit - strength and flex**
(fitness class to increase muscle flexibility & strength)
- 11.30am **Music Therapy**
(choir singing, playing instruments or exploring surround sound)
- 12:30pm Lunch
- 2pm **Bake Off**
(shortbread biscuit challenge using family favourite recipes)
- 3pm **Classic Car Model Making**
(therapeutic exercise to maintain coordination & dexterity)
- 4pm Finish

- 10am Welcome refreshments
- 10.15am **Energizer Quiz**
(exercise the memory & observation skills)
- 10.30am **Art Workshop**
(artist led workshop – exploring watercolours)
- 11.30am **Cognitive Stimulation Therapy**
(stimulates thinking, memory & communication)
- 12:30pm Lunch
- 2pm **Horticultural Therapy**
(improve wellbeing through the joys and miracles of gardening)
- 3pm **Wine Tasting Masterclass – Part 1**
(a complete journey in wine tasting, wine making and food pairing)
- 4pm Finish

- 10am Welcome refreshments
- 10.15am **Tai Chi on the Lawn**
(slow motion exercise to improve balance & stability)
- 11am **Music Workshop**
(develop or rekindle musical skills)
- 12:30pm Lunch at The Savill Garden Kitchen
- 1:45pm **Woodland Walk at Savill Gardens**
(enjoy the seasonal displays on a sunny afternoon)
- 3pm **Massage Clinic – hand massage**
(learning massage techniques and benefits of aromatherapy)
- 4pm Finish

Keep Fit

Mind & Matter

Sound of Music

Arts & Culture

Culinary Comforts

Out & About

Members are offered refreshments throughout the day and a three course lunch. All snacks and meals are tailored to individual tastes and nutritional requirements.