



	Monday	Tuesday	Wednesday	Thursday
10am	Welcome Refreshments	Welcome Refreshments	Welcome Refreshments	Welcome Refreshments
10.30am	Talking Point discussion on current affairs	Energizer Quiz exercise the memory & observation skills	Tai Chi on the Lawn slow motion exercise to improve balance & stability	Poetry Club stimulating reminiscence & discussion
11am	Keep Fit – Stretch & Flex fitness class to increase muscle flexibility & strength	Art Workshop artist led workshop – exploring watercolours	Music Workshop develop or rekindle musical skills	Target Sports competitive games to improve dexterity skills
12pm	Music Therapy choir singing, playing instruments, exploring sound	Cognitive Stimulation Therapy stimulates thinking, memory & communication	Culinary Class awaken the scenses, exploring different ingredients and flavours	Lunch at the Savill Garden Kitchen
12.45pm	Lunch	Lunch	Lunch	
2pm	Bake Off! biscuit challenge using family favourite recipes	Horticultural Therapy improve wellbeing through the joys and miracles of gardening	Debate Club improving confidence to express opinions and thoughts	Woodland Walk enjoy the seasonal displays on a sunny afternoon
3pm	Guest Lecture guest speakers invited to share their knowledge and experience	Wine Tasting Masterclass a complete journey in wine tasting, wine making and food pairing	Classic Car Model Making therapeutic exercise to maintain coordination & dexterity	Massage Clinic learning massage techniques and benefits of aromatherapy
4pm	Finish	Finish	Finish	Finish

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