

Woodside 'What's On' 12th - 18th June 2023

	Monday 12 th	Tuesday 13 th	Wednesday 14 th	Thursday 15 th	Friday 16 th	Saturday 17 th	Sunday 18 th
09:00	 Relax with morning paper, cake or biscuits at the Cup Above Cafe 						
10:00	Armchair exercises	Walk in the garden	Armchair exercises	Choir Practice Reception 11am	Armchair exercises	Bowls on Bowling green	Songs of Praise In the cinema
11:30							
11:45							
12:15							
12:30	L U N C H						
14:00	Cinema afternoon	Castle Brook Church Service	Afternoon walk in the garden	Bike ride around the garden	Game of dominoes In reception	Cinema afternoon	Walk around garden
15:00							
15:00							
16:00							

Sample activity planner