

# Millman Street Activities Programme

January 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Arts and Crafts with Lene 10.00 – 12.00	Singing with Heather 10.30 – 11.30	Knitting circle With Gloria and Jane 10.00-11.00  Comedy Improvisation With Gudrun 11.00 – 12.00  Ancestry With Ken 11.00-2.00	Musical Memories or Quiz 10.00-12.00	Drama With Victoria 10.45-12.00
LUNCH 12 NOON	LUNCH 12 NOON	LUNCH 12 NOON	LUNCH 12 NOON	LUNCH 12 NOON
St George's Tea or Tea and Talkies or Chair based music and movement With Pat 1.30-2.30	Hand Pampering with Jan 1.00-3.00  Play Reading with Norman 2.30-4.00	Crafternoons With Carmen 1.30-3.00  Drop in Computer Help with Sue 1.00-3.30	Chair based Exercise with Minerva 1.30-2.30  Tai Chi With Hendrika 3.00-4.00	Reminiscing With Sarah 12-45-2.45