

Please refer to the Activity Descriptions for information about each activity, including venue and cost.

| | | MONDAY 21ST JULY | TUESDAY 22ND JULY | WEDNESDAY 23RD JULY | THURSDAY 24TH JULY | FRIDAY 25TH JULY |
|--------|----|--------------------------------------|--------------------------|--|-------------------------------|---|
| WEEK 1 | AM | | 10am - 3.30pm Boat trip | | | |
| | PM | 2pm - 3.30pm Connaught Opera concert | | | | |
| | | MONDAY 28TH JULY | TUESDAY 29TH JULY | WEDNESDAY 30th JULY | THURSDAY 31ST JULY | FRIDAY 1ST AUG |
| WEEK 2 | AM | 11am - 12.30pm Benefits talk | | 10.30am - 12pm Seated exercise at Sandbanks | 10am - 3.30pm Boat Trip | 10.30am - 12pm Art at Sandbanks |
| | | | | 10.30am - 12.30pm Photography workshop | 10.30am - 12pm Art workshop 1 | 10.30am - 12pm Walk in the park: Bushy Park 11am - 12pm Circuits group A |
| | PM | 2pm - 3.30pm Companion cycling | 12pm - 2pm Pub meet up | 2pm - 4pm Photography workshop | 2.30pm - 4pm Gardening | |
| | | 2pm - 3pm Circuits group B | | | | |
| | | MONDAY 4TH AUG | TUESDAY 5TH AUG | WEDNESDAY 6TH AUG | THURSDAY 7TH AUG | FRIDAY 8TH AUG |
| WEEK 3 | AM | 10.30am - 1.30pm Massage | | 10.30am - 12pm Seated exercise at Sandbanks | 10.30am - 12pm Art workshop 2 | 10.30am - 12pm Seated exercise at Sandbanks |
| | | | | 10am - 3.30pm Boat Trip | | 11am - 12pm Circuits group A |
| | PM | | 2.30pm - 4pm Card making | 2.30pm - 4pm Walk in the park: Osterley Park | 2.30pm - 4pm Gardening | 10.30am - 12pm iPad art |

| | | MONDAY 11TH AUG | TUESDAY 12TH AUG | WEDNESDAY 13TH AUG | THURSDAY 14TH AUG | FRIDAY 15TH AUG |
|--------|--|---|--|---|---|---|
| WEEK 4 | AM | 10am - 3.30pm Boat Trip | 11am - 12.30pm Police safety talk | 10.30 - 12pm Seated exercise at Sandbanks | 10.30am - 12pm Book group | 10.30am - 12pm Sandbanks social |
| | | 10.30pm - 12pm Cupcake decorating | | 11am - 12pm Exercise in water for carers | 10.30am - 12pm Walk in the park: Marble Hill Park | 11am - 12pm Circuits group A |
| | PM | 2pm - 3pm Circuits group B | 2pm - 4pm Reflexology | 2pm - 3pm Circuits group C 2.30pm - 4pm Art | 2.30pm - 4pm Gardening | |
| | | MONDAY 18TH AUG | TUESDAY 19TH AUG | WEDNESDAY 20TH AUG | THURSDAY 21ST AUG | FRIDAY 22ND AUG |
| WEEK 5 | AM | 10.30am - 12.30pm Reflexology | 11am - 12.30pm Fire safety talk | 10.30am - 12pm Pilates at Sandbanks | | 10.30am - 12pm Tai chi style exercise at Sandbanks |
| | | 10.30am - 3pm Massage | | 10am - 3.30pm Boat trip | | 11am - 12pm Circuits group A |
| | 10.30am - 3pm Manicures | 11.30am - 1pm Cook, chat & eat | 10.30am - 12pm iPad photography | | | |
| PM | 2pm - 4.30pm Bowling at Hampton Bowling Club | 2.30pm - 4pm Art: mixed media landscape | 2.30pm - 4pm Walk in the park: Syon Park | 12pm - 4pm Waterskiing | 2pm - 3pm Choir | |
| | | MONDAY 25TH AUG | TUESDAY 26TH AUG | WEDNESDAY 27TH AUG | THURSDAY 28TH AUG | FRIDAY 29TH AUG |
| WEEK 6 | AM | | 10am - 3.30pm Boat trip | 10.30 - 12pm Cook, chat & eat at Sandbanks | 11am - 12pm Pilates | 10.30am - 12pm Seated exercise at Sandbanks |
| | | | | 11am - 12pm Exercise in water for carers | | 11am - 12pm Circuits group A |
| PM | | | 2.30 - 4pm Walk in the park: Bushy Park | 2pm - 3pm Circuits group C | 2pm - 3pm Tai chi style exercise 2.30 pm - 4pm Gardening | 2pm - 3pm Choir |