



ACTIVITY HUB TIMETABLE

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
8:30am-10:30am	Meet and Greet		Meet and Greet		Meet and Greet		Meet and Greet		Meet and Greet	
10:30am-11am	Multimedia room	Morning Exercise	Multimedia room	Morning Exercise	Multimedia room	Morning Exercise	Multimedia room	Morning Exercise	Multimedia room	Morning Exercise
11am-12pm	Multimedia room	Arts and Crafts	Multimedia room	Tabletop games ➤ Snakes and Ladders ➤ Cards	Multimedia room	Quiz games	Multimedia room	Arts and Crafts	Activity Kitchen	Baking session
	Groovy Room	Arts and Crafts	Erdington Swimming Baths	Swimming	Planned day out	➤ Cinema ➤ Bowling ➤ Parks i.e. Sutton Park, Kingsbury water park	Erdington Swimming Baths	Swimming	Groovy Room	Baking session
			Local community	➤ Drive to the shops ➤ Walk into town ➤ Coffee date			Local community	➤ Drive to the shops ➤ Walk into town ➤ Coffee date		
12pm-1:30pm	Personal care/Lunch		Personal care/Lunch		Personal care/Lunch		Personal care/Lunch		Personal care/Lunch	
1:30pm-4pm	Upstairs Games Rooms	➤ Snooker ➤ Darts ➤ Wii ➤ Dance mat	Multimedia room	Games ➤ Basketball ➤ Just Bowl ➤ Air Hockey	Upstairs Games Rooms	➤ Snooker ➤ Darts ➤ Wii ➤ Dance mat	Multimedia room	Games ➤ Bingo ➤ Spin the wheel ➤ Jenga ➤ Connect 4 ➤ Play your cards right ➤ Puzzles ➤ Games	Multimedia room	FRIDAY PARTY music and dancing and/or movie afternoon
	Salon	➤ Hand/Foot massage ➤ Foot Spa ➤ Hair wash / styling ➤ Nail painting	Groovy Room		Salon	➤ Hand/Foot massage ➤ Foot Spa ➤ Hair wash / styling ➤ Nail painting	Groovy Room		Groovy Room	
			Sensory Room	Sensory Session			Sensory Room	Sensory Session		