

## Activities

### Downs House Sample Activities

There is always lots to do at Downs House. The following shows a normal week of activities

Monday	10.00am	Shopping trip
	10.30am	Karen-Mature Movers
	1.30pm	Activities with Irene
Tuesday	9.00am	Hairdressing with Linda
	2.00pm	Diversional therapy with Kim
Wednesday	11.00am	Scrabble with Tony
	1.00pm	Outing in minibus
	2.30pm	Harp therapy
Thursday	11.00am	Able classes with Rhonda
	2.00pm	Cake decorating with Irene
	3.30pm	Music for Health
Friday	11.00am	Maryann and Pat Dog Teddy
	3.30pm	Owls to visit and pet
Saturday	11.00am	Quiz with Justin
	2.30pm	Pony Pals visit
Sunday	11.00am	Happy Hour pre-lunch drinks
	2.30pm	Movie matinee

