

KDC Activities - May 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2nd 11 AM: Steady & Stable Exercise 2:00 PM Afternoon Tea	3rd Activity RM: 11AM: Yoga Exercise 2PM: Potter	4th 11:00 AM: Dance West 2PM Creative Activity on iPad	5th 11:00 AM Breathing Exercise & Mindful Movements 2PM: Pottery /Painting	6th 11:00 AM Gardening or Arts & Craft 2PM: Tea and Cake
9th 11 AM: Steady & Stable Exercise 2:00 PM: Afternoon Tea	10th Activity RM: 11AM: Yoga Exercise 2PM: Potter	11th 11:00 AM: Dance West 2PM: Creative Activity on iPad	12th 11:00 AM Breathing Exercise & Mindful Movements 2PM: Pottery/Painting	13th 11:00 AM Gardening or Arts & Craft 2PM: Tea and cake
16th 11 AM: Steady & Stable Exercise 2:00 PM: Afternoon Tea	17th Activity RM: 11AM: Yoga Exercise 2PM: Potter	18th 11:00 AM: Dance West 2PM Creative Activity on iPad	19th 11:00 AM Breathing Exercise & Mindful Movements 2PM: Pottery/Painting	19th 11:00 AM Gardening or Arts & Craft 2PM: Tea and cake
23rd 11 AM: Steady & Stable Exercise 2:00 PM: Afternoon Tea	24th Activity RM: 11AM: Yoga Exercise 2PM: Potter	25th 11:00 AM: Dance West 2PM Creative Activity on iPad	26th 11:00 AM Breathing Exercise & Mindful Movements 2PM: Pottery/Painting	27th 11:00 AM Gardening or Arts & Craft 2PM: Tea and cake
30th 11 AM: Steady & Stable Exercise 2:00 PM: Afternoon Tea	31st Activity RM: 11AM: Yoga Exercise 2PM: Potter			

Lunch and Refreshments are available in the Café