



### Example of optional Weekly Activities

	am	pm
<b>Monday</b>	Residents Meeting/Catering Forum 11am in the Dining Room	St George's Day Celebration 4pm in the Dining Room
<b>Tuesday</b>	Weekly Exercise Class 11am in the Dining Room	Two Weekly Book or Poetry Groups 4pm in the Dining Room
<b>Wednesday</b>	Monthly Shopping Trip to Waitrose in North Finchley Leave 10.15am	Weekly Art Group 3pm in the Dining Room
<b>Thursday</b>	Residents Meeting/Catering Forum 11am in the Dining Room	St George's Day Celebration 4pm in the Dining Room
<b>Friday</b>	Two Weekly Shakespeare Group supported by U3A 11am in the Meeting Room	Monthly Discussion Group 4pm in the Dining Room
<b>Saturday</b>		Weekly Film Showing 3pm in the Library
<b>Sunday</b>	Weekly Church Service 11am in the Library	Concert with Albany Trio 4pm in the Dining Room