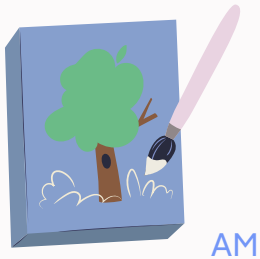
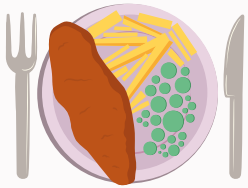
Activity Planner

High Speed Training™

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hairdresser (8-11) AM	Yoga AM	Make and Craft  AM	Nails from 9am AM	One to One Activities AM	Game playing or Bingo AM	Coffee and Chat AM
Choir Practice PM	Garden Activities PM	Quiz Afternoon PM	Movie Night PM	Fish and Chips Outing  PM	Live Music PM	Dancing PM
Notes:	Notes:	Notes:	Notes:	Notes:	Notes:	Notes: