

Week 6

Mon: 10:00 Gym 14:00–15:30 Red Cross/ Coffee optional

Ti: 10:30 Pratstund 14:00-15:30 Bingo

Wed: 10:30 Sitting exercise 14:00 No activity, canteen occupied by staff meeting

Thu: 10:30 Walk indoors 14:00-15:30 MUSICAL ENTERTAINMENT KALLE

Fri: 10:30 Movement

Week 7

Mon: 10:00 Gym 14:00-15:30 Red Cross starts/ Games or optional ideas

Ti: 10:30 Pratstund 14:00-15:30 Bingo

Wed: 10:30 Sitting exercise 14:00-15:30 Church of Sweden

Thu: 10:30 Walk indoors 14:00 Quiz

Fri: 10:30 Sitting exercise

Week 8

Mon: 10:00 Gym 14:00-15:30 Red Cross/ Optional ideas

Ti: 10:30 Pratstund 14:00-15:30 Bingo

Wed: 10:30 Sitting exercise 14:00-15:30 Johan Troubadour Music entertainment

To: 10:30 Promenad 14:00 Musikquiz

Fri: 10:30 Sitting exercise

Week 9

Mon: 10:00 Gym 14:00 Red Cross/ Optional ideas

Ti: 10:30 Pratstund 14:00-15:30 Bingo

On: 10:30 Sittgympa 14:00-15:30 Equmenia Kyrkan

Thu: 10:30 Walk indoors 14:00-15:30 Tapas and wine with Bosse

Fri: 10:30 Sitting exercise

