

# TRINITY'S WEEKLY TIMETABLE

## Monday

**10:00 -11:30**  
paper activities

**11:30 a.m. – 12:30 p.m.**  
Curling with Terry

11:30 – 12:15  
Card bingo



**12:30 – 1:30 p.m.**  
Lunch

**1:30 – 2:00 p.m.**  
Bingo



other activities are always available

### VOLUNTEERS

- Carol Turner
- Ricina Penny
- Charlotte Doris

## Tuesday

**9:45 – 10:45 a.m.**  
Dance on with Sophie (church)

**Monthly**  
Beauty treatments with Jenny

**10:00 – 12:00**  
Dominos

**11:30 -11:50**  
Gentle Yoga  
**12:00 – 12:30 p.m.**  
Bingo



**12:30 – 1:30 p.m.**  
Lunch

**1:30 – 2:30 p.m.**  
Shopping afternoon



other activities are always available

### VOLUNTEER

- Carol Turner
- Mavis Hargreaves

## Wednesday

**10:00 – 10:45 a.m.**  
Salsa exercise & Tai Chi  
With Julie (church )

**10:00 a.m.**  
**Monthly** History Project

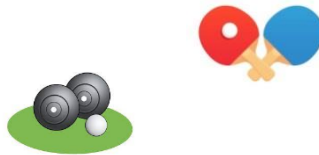
**10:00 – 12:00**  
**Game day**  
**Dominos**



**12:00 – 12:30 p.m.**  
Bingo

**12:30 – 1:30 p.m.**  
Lunch

**1:45 – 2:45 p.m.**  
Games afternoon



other activities are always available

### VOLUNTEERS

- Carol Turner
- Charlotte Doris

## Thursday

**10:00 a.m. - 12:00 p.m.**  
Craft session with Doris  
Breakfast butties available.

**11:am – 12:15**  
Music bingo



**12:30 – 1:30 p.m.**  
Lunch

**1:30 – 2:30**  
Bingo

**2:30 - 3:00 p.m.**  
Trevor's Talk



other activities are always available

### VOLUNTEERS

- Carol Turner
- Ricina Penny
- Charlotte Doris

## Friday

**10:00 - 11:30**  
mini craft morning with Vickie



**11:30 – 12:30**  
Card bingo

**12:30 – 1:30 p.m.**  
Lunch

**1:30 – 3:00 p.m.**  
Bingo Bonanza



other activities are always available

### VOLUNTEERS

- Carol Turner
- Hemant Patel
- Matt Woodcock
- Charlotte Doris

**Activities always available:**

- Word searches
- Paper quizzes
- Dominos
- Colouring sheets
- Jigsaw
- Nintendo Wii
- Lego build

**Trinity Network also has**

**A sunroom with a TV**

**Available and mini library if**

**You require a little**

**Quit time.**

