

Cobham Link Timetable: Summer 2021

Activities	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Arts and Crafts or Cooking or Gardening	Bowling at Walton Firs private bowling alley	Drama or Chair based exercise or Flower arranging	All day outing group	Mindfulness Yoga or Art Group or Kitchen skills or Discussion group
Lunch	Lunch break: 12-1pm	Late lunch: Picnic or lunch cooked over a fire	Lunch break 12-1pm	-	Lunch break: 12-1pm
Afternoon	Arts and Crafts or Cooking or Gardening	Informal chat	Boccia followed by Healthy eating or Textiles session	All day outing group (continued)	Gym with Viv followed by Karaoke or Kitchen skills (or cocktail making on the last Friday of the month)