

# High Wycombe sample Wellbeing Programme

Day	Time	Activity
Monday	11:00 12:00 15:00	Movement to music Bingo Afternoon tea party
Tuesday	11:00 12:00 14:00	Play Your Cards Right Skittles Outing to Runnymede
Wednesday	11:00 12:00 13:45	Shuffleboard Crafts hour Boat trip from Henley
Thursday	11:00 12:00 14:00	Gardening club Chocolate making Outing to Peterley Farm
Friday	11:00 12:00 15:00	Movement to music Chess matches Friday get together
Saturday	12:00	Veterans breakfast at Spindle and Thread Pub
Sunday	12:00	RAF church service

The details above are an example of our Wellbeing Programme. Our schedule is updated monthly and includes a variety of personalised, one-to-one and group activities across a wide range of interest areas.

