

MORNING EXERCISE & WALKING

Morning exercise led by Senior Physiotherapist

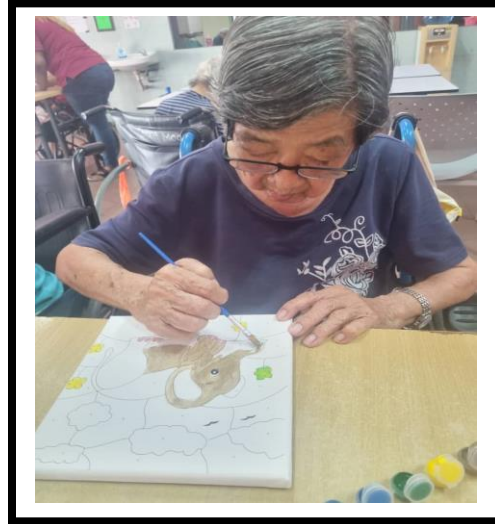


**Warm up
Session**



Walking

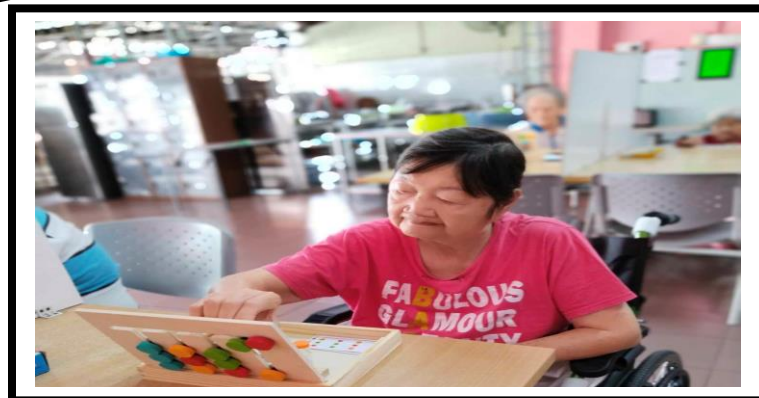
Evening Activities

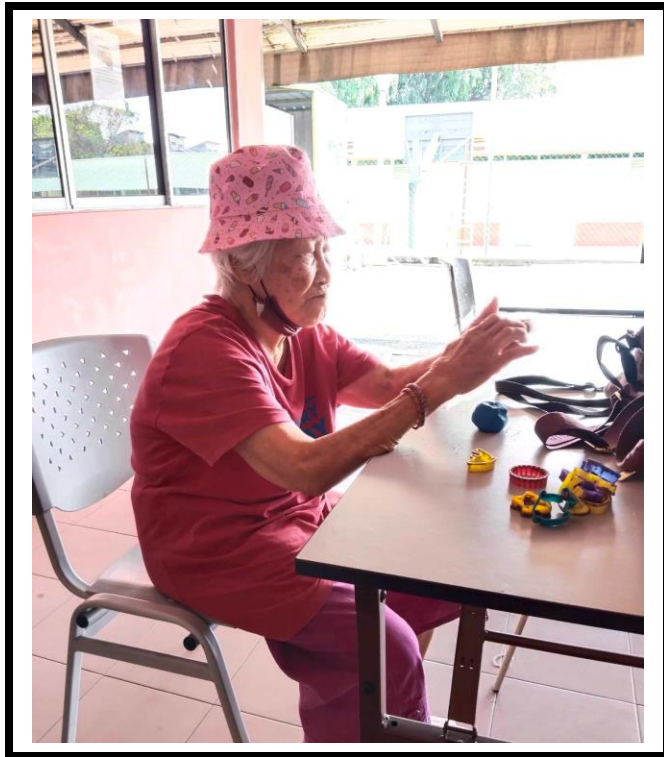
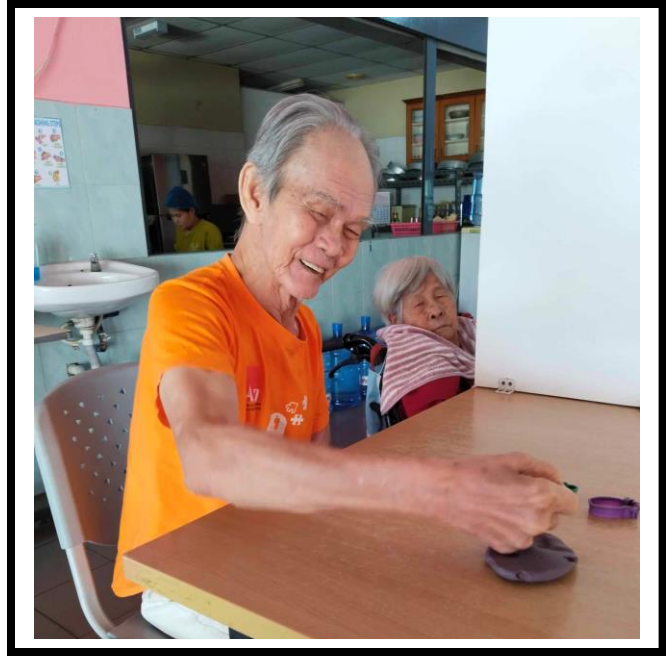
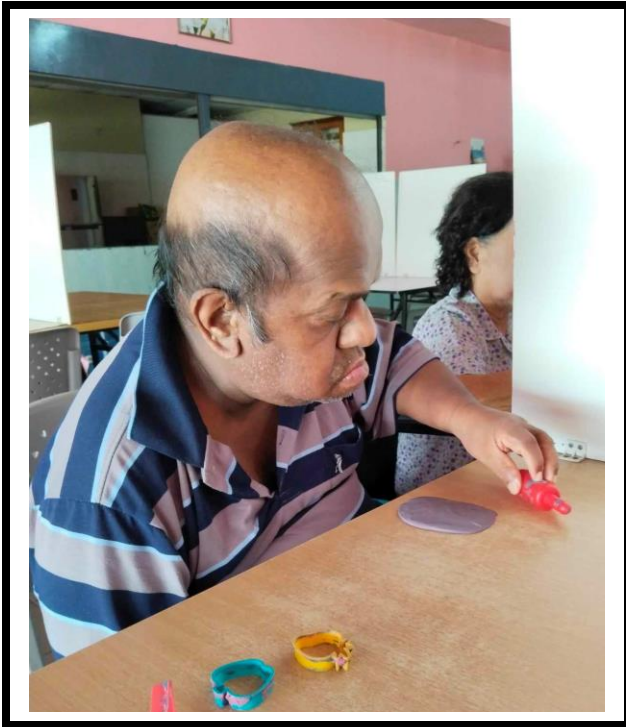


**Hand Craft –
canvas
painting**



**Memory
Games**





Clay Making