

Rustington Convalescent Home

Programme of Events

Monday	1.30pm	<i>Trip to Worthing*</i>
	1.30pm	<i>Hairdresser</i>
Tuesday	9.30am	<i>Gentle Exercises</i>
	10.00am	<i>Hospitality Shop</i>
	10.30am	<i>Physiotherapy</i>
	1.30pm	<i>Beauty Therapy</i>
Wednesday	9.30am	<i>Hairdressing</i>
	10.30am	<i>Physiotherapy</i>
	11am-12pm	<i>Flower Arranging (Alt Weeks)</i>
	1.30pm	<i>Chiropodist</i>
	5.00pm	<i>Entertainment</i>
Thursday	10.00am	<i>Hospitality Shop</i>
	1.30pm	<i>Trip to Haskins Garden Centre*</i>
Friday	9.30am	<i>Gentle Exercise</i>
	10.00am	<i>Communion</i>
	10.30am	<i>Physiotherapy</i>
	1.30pm	<i>Hairdresser</i>
	1.30pm	<i>Trip to Rustington*</i>
Saturday	11.30am	<i>Bingo</i>
Sunday	11.30pm	<i>Quiz</i>
	12.00pm	<i>Sherry in the lounge</i>
	5.00pm	<i>Ecumenical Service (Alt Weeks)</i>

****Trips will run if the community transport is available on the day and there are 3 or more people who would like to go.***