

PARKINSONS AWARENESS WEEK ACTIVITY PLANNER



	EVENT	DETAILS	VENUE	TIME
MONDAY	Creative Craft	Painting and craft work		
TUESDAY	Wii – Fitness	Promoting exercise and co-ordination		
WEDNESDAY	Nutrition – 5 a day Taster event with chef	Promoting eating well		
THURSDAY	Speaker – Living with Parkinson disease	Increasing awareness for those with the condition-families and staff		
FRIDAYHome Has Talent	Afternoon/evening celebrating the talents of residents.		
SATURDAY	Cinema Evening with Low Fat – smoothies			
SUNDAY	Strictly come dancing	Tea Dance – Early Evening of music and dance		