



**SATURDAYS! SATURDAYS! SATURDAYS! SATURDAYS! SATURDAYS!**  
 Saturday Roadtrips every weekend to destinations outside of Nottinghamshire! Venues include Skegness, Yorkshire Wildlife Park, Leeds Arcade Club, Newark riverboat cruise, Laser Quest, Trainspotting, Crich Trams, Peak District hikes and many more!

**Weekly Sessions: May 2025 | 4-weekly activity rota**

WEEK	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	
<b>MORNINGS</b> 9am-1:30pm	WK1	Country Park Wander / Pub Lunch Social	1) Gym / Car showroom / Pakistan Centre Lunch 2) Café Breakfast / Little Town Wander	Weekly staff meeting / supervision / training	"Rackets" Badminton & Table Tennis / Pub or Café Drink	Walking Group / Packed Lunch
	WK2	Tram adventure (Travel training) Beeston arts or Highfields / Packed Lunch	1) Waterside Walk and Pub Lunch 2) Country Park and Pub Lunch	Weekly staff meeting / supervision / training	"Rackets" Badminton & Table Tennis / Pub or Café Drink	Walking Group / Packed Lunch
	WK3	Fun & Games (Bowling/Arcades/Golf) / Packed Lunch	1) <b>Djanogly swimming / Packed lunch NEW!</b> 2) The Big Walk / Packed Lunch	Weekly staff meeting / supervision / training	"Rackets" Badminton & Table Tennis / Pub or Café Drink	Walking Group / Packed Lunch
	WK4	Animals / Nature / Farmparks / Packed Lunch	1) Mellish Sports / Bulwell Hall Park and Café lunch 2) The same!	Weekly staff meeting / supervision / training	"Rackets" Badminton & Table Tennis / Pub or Café Drink	Walking Group / Packed Lunch
<b>AFTERNOONS</b> 2pm-5pm	WK1	Ken Martin Ladies swim! <b>NEW!</b>	1) Pool and Snooker social 2) Life Skills and Creative project at Greasley Leisure Centre <b>NEW!</b>	Garden Centre / Local Farm Park / Café snacks	1) Harvey Haddon Swim 2) Pool social / Basil Russell Fields sports! <b>NEW!</b>	Mellish gym / Bulwell Hall Park Café drink
	WK2	Staff Training / supervision	1) Pool and Snooker social 2) Warhammer Arts and Crafts	Little Town Wander / Shops / Café snacks	1) Ramsdale Golf / Patchings Cafe / Packed Lunch 2) <b>Showcase Cinema social! NEW!</b>	Mellish gym / Table Tennis / Pub drink
	WK3	Ken Martin Ladies swim! <b>NEW!</b>	1) Pool and Snooker social 2) Beeston Marina Arts and Crafts	Animal Park Week / Café snacks	1) Harvey Haddon Swim 2) <b>Padel Tennis! NEW!</b>	Mellish gym / Bardill Garden centre drink
	WK4	Staff Training / supervision	1) Pool and Snooker social 2) <b>Beeston community centre art and pottery NEW!</b>	Little Town Wander / Shops / Café snacks	1) Carvery Week 2) The same!	Mellish gym / Tesco café drink
<b>EVENINGS</b> 5pm onwards	WK1			Karaoke / McDonalds	Gamston Village Hall cooking / Life Skills / Dinner	
	2	Mansfield Disco / Approx once a month	Occasional Pub Social Chamapions League Football	Pub Meal Social	Gamston Village Hall cooking / Life Skills / Dinner	
	3			Tenpin Bowling / McDonalds	Gamston Village Hall cooking / <b>YOGA! NEW!</b>	
	4			Town Centre Meal / WB Meal / IKEA Meal Social	Gamston Village Hall cooking / Life Skills / Dinner	