



# inspired Inspirations

## Tiny Tablet Table Planner Sheltered Scheme

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early AM	Cycling tour (using pedals) group or individual activity	Seated exercises via YouTube or Apps	Hand exercises via YouTube or Apps – ideal for those from bed	Full body exercises via YouTube or Apps	Seated exercises via YouTube or Apps	Breathing exercises via YouTube or Apps	Yoga for the elderly
Mid AM	Maths Morning – Maths Duel and Math apps	Music Quiz and fun, name that year	Story time, listening to an audio book, Audible	Group reminiscence afternoon on Google Earth. Where did you work? Share & discuss	Quiz Morning, Who Wants to be a Millionaire, Trivial Pursuit.	Free time fun	Live Streaming Religious Services
Early PM	Bingo	Group reminiscence afternoon on Google Earth. Holiday locations & discuss	Creativity afternoon, painting by numbers, pottery app	Competition time, air hockey/ 4 in a row/ bowling championship	Free time fun	Replay historic sport events. Favourite boxing/football/rugby/ tennis/cricket etc, highlights to play.	Streaming previous days sports at request
Evening	Comedy Night with comedians from the past	Movie night	Music, watch and listen to favourite singers from the past	Music evening, learn to play a new song via Perfect Piano	Casino night, Roulette apps etc	Sing – a – longs and dancing evening	Relaxation evening, Soothing Sounds and picture
Additional activities to include	Video calling, personal learning/interests, 121 living room time, digital crafts, board games, brain and memory training, learning languages, Digital skills training etc etc						

[www.inspired-inspirations.com](http://www.inspired-inspirations.com)

[info@inspired-inspirations.com](mailto:info@inspired-inspirations.com)