

Audley's Daily Delights

Each week the village team is initiating a series of daily activities to ensure we stay in touch. Social distancing rules still apply. Protect yourselves and each other. We will update you on what's happening and when so that you can join in.

We look forward to seeing you soon.



1. MONDAY - MAKE YOUR OWN

 09:00

- ✓ Try a new recipe – see Audley Club App for ideas
- ✓ Shop the pantry
- ✓ Try a new hobby and let us know how you get on

 10:00

2. TUESDAY - KEEP FIT & HEALTHY

- ✓ Download our NEW Audley Club app
- ✓ Book an Audley personal trainer on demand
- ✓ Join our weekly Zoom exercise classes
- ✓ Stay hydrated – have you had your full water intake today?



3. WEDNESDAY - TREATS & GIFTS

 11:30

- ✓ Fruit day. Look out for today's fruit treat
- ✓ Cake/cookies treats- free when you order a hot beverage
- ✓ New owners offer – see our weekly email newsletter


 14:00

4. THURSDAY - YOUR DAY

- ✓ Walk a mile and enjoy the grounds
- ✓ Thirsty Thursday- don't forget to order your drink of choice today
- ✓ National Theatre Home Quiz. Have a go and play on YouTube



5. FRIDAY - FUN DAY

 15:00

- ✓ Treasure hunt
- ✓ Spot the flag/new animals/bird, etc.
- ✓ Fish & Chips. Order for delivery
- ✓ See what's new on the Audley app. Chat with other owners using the chat wall

 17:00

6. SATURDAYS - PAPERS

- ✓ Owners newsletter activities and resources
- ✓ Puzzles/word search
- ✓ Join our pen pal scheme
- ✓ Saturday night specials available. Contact reception for details



7. SUNDAY - ARTS

 18:00

- ✓ Photography
- ✓ Painting
- ✓ Crafting
- ✓ Try a virtual tour of the National Gallery
- ✓ Or a virtual exhibition tour of the Royal Academy of Arts
- ✓ Order a Sunday Lunch and enjoy a day off cooking