

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 - MAKEYOUROWN



- ✓ 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



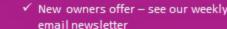
2. TUESDAY - KEEP FIT & HEALTHY

- ✓ 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





- ✓ Fruit day. Look out for today's fruit treat
- ✓ Cake/ cookies treats- free when you order a hot beverage



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



18:00

- ✓ 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



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

- √ Painting

Photography

✓ 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

