

We'll meet again...

Over The Rainbow Care



10am - 11am

Welcome, tea and coffee, reality orientation, our yesterday

11am - 12.30pm

Arts and crafts

12.30pm - 1.15pm

Lunch

1.15pm - 2.30pm

Fit for fun and active games

1.15pm - 2.30pm

One-to-one support

2.30pm - 3.30pm

Sing-a-long

3.30pm - 4pm

Wind down