

# NOVEMBER 2021



AM Activities begin at 11.15am, PM Activities begin at 3.30pm, 1.1's and room visit from 10am and 2pm. 6.30pm Night Owls

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4 <b>Diwali</b>	5 <b>Bonfire Night</b>	6	7
1.1's <b>AM</b> Exercise and Sparkle, Room visits <b>3PM</b> – Liz Gurr's Music Afternoon <b>3.30PM</b> - Quiz <b>6.30 Night owls</b>	Room visits <b>AM</b> Exercise & Sparkle 1.1's <b>3PM Hymns &amp; Prayers</b>	1.1's, Hairdresser <b>AM</b> Exercise & Sparkle, Room visits / Walks <b>PM</b> Arts & Crafts	Rm visits, Hair, Nails <b>AM</b> Coffee morning 1.1's <b>PM</b> Sparkle Magazine <b>6.30 Night owls</b>	1.1's / hand massage <b>AM</b> Sherry morning Room visits <b>PM</b> Giant Crossword	Room visits <b>AM</b> Exercise and Sparkle, 1.1's <b>PM</b> Who wants to be a Millionaire	1.1's <b>AM</b> Exercise and Sparkle, Room visits <b>PM Hug a Bear Day</b>
8	9	10	11 <b>Armistice Day</b>	12	13	14 <b>Remembrance Sunday</b>
Room visits <b>AM</b> Exercise and Sparkle, 1.1's <b>PM</b> Carpet Bowls <b>6.30 Night owls</b>	1.1's <b>AM</b> Exercise & Sparkle Room Visits <b>3PM Hymns &amp; Prayers</b>	Rm visits, Hairdresser <b>AM</b> Exercise & Sparkle 1.1's / Walks <b>PM</b> Quiz	1.1's, Hair <b>AM</b> Coffee morning Room visits <b>PM Singing Group</b> <b>6.30 Night owls</b>	Room visits / hand massage <b>AM</b> Sherry morning 1.1's <b>PM</b> Giant Crossword	1.1's <b>AM</b> Exercise and Sparkle, Room visits <b>PM</b> Poetry	Room visits <b>AM</b> Exercise and Sparkle, 1.1's <b>PM Remembrance Day Discussion Group</b>
15	16	17	18	19	20	21
1.1's <b>AM</b> Exercise and Sparkle, Room visits <b>PM</b> Square Dancing <b>6.30 Night owls</b>	Room visits <b>AM</b> Exercise & Sparkle 1.1's <b>3PM Hymns &amp; Prayers</b>	1.1's, Hairdresser <b>AM</b> Exercise & Sparkle, Room visits / Walks <b>PM</b> Arts & Crafts <i>Take a Hike Day?</i>	Rm visits, Hair <b>AM</b> Coffee morning 1.1's <b>PM</b> Clothes Show <b>6.30 Night owls</b> <i>Mickey Mouse Day</i>	1.1's / hand massage <b>AM</b> Sherry morning Room visits <b>PM</b> Giant Crossword	Room visits <b>AM</b> Exercise and Sparkle, 1.1's <b>PM</b> Interactive Games	1.1's <b>AM</b> Exercise and Sparkle, Room visits <b>PM World Hello Day</b>
22	23	24	25	26	27	28
Room visits <b>AM</b> Exercise and Sparkle, 1.1's <b>PM Xmas Pudding Making</b> <b>6.30 Night Owls</b>	1.1's <b>AM</b> Exercise & Sparkle Room visits <b>3PM Hymns &amp; Prayers</b>	Rm visits, Hairdresser <b>Outing – Xmas Shopping?</b> <b>AM</b> Exercise & Sparkle, 1.1's / Walks <b>PM</b> Quiz	1.1's, Hair, <b>Foot Health Practitioner</b> <b>AM</b> Coffee morning Room visits <b>PM Singing Group</b> <b>6.30 Night owls</b>	Room visits / hand massage <b>AM</b> Sherry morning 1.1's <b>PM</b> Giant Crossword	1.1's <b>AM</b> Exercise and Sparkle, Room visits <b>PM</b> Poetry	Room visits <b>AM</b> Exercise and Sparkle, 1.1's <b>PM Film / French Toast Day</b>
29	30					
1.1's <b>AM</b> Exercise and Sparkle, Room visits <b>3PM</b> Liz Gurr Music Afternoon / Quiz <b>6.30 Night owls</b>	Room visits <b>AM</b> Exercise & Sparkle 1.1's <b>3PM Hymns &amp; Prayers</b>					