

JANUARY 2022



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

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 New Year's Day	2	3	4	5	6	7
Room visits AM Exercise and Sparkle, 1.1's PM Collecting Gifts from the Chapel Tree	1.1's AM Exercise and Sparkle, Room visits PM New Year's Resolutions	Room visits AM Exercise and Sparkle, 1.1's PM Who Wants To Be A Millionaire 6.30 Night owls	1.1's AM Exercise & Sparkle Room visits PM Singalong	Room visits, Hairdresser AM Exercise and Sparkle, 1.1's/Walks PM Quiz	1.1's, Hairdresser AM Coffee morning Room visits PM Singing Group 6.30 Night owls	Room visits/hand massage AM Sherry Morning, 1.1's PM Giant Crossword
8	9	10	11	12	13	14
1.1's AM Exercise and Sparkle, Room Visits PM Poetry	Room Visits AM Exercise and Sparkle, 1.1's PM Discussion Group	1.1's AM Exercise and Sparkle, Room visits PM Snakes & Ladders 6.30 Night owls	Room Visits AM Exercise & Sparkle 1.1's PM Hymns & Prayers	1.1's, Hairdresser AM Exercise and Sparkle, Room Visits/Walks PM Quiz	Room Visits, Hairdresser AM Coffee Morning, 1.1's PM Ball Games 6.30 Night owls	1.1's/Hand massage AM Sherry Morning, Room Visits PM Giant Crossword
15	16	17	18	19	20	21
Room Visits AM Exercise and Sparkle, 1.1's PM Pictionary	1.1's AM Exercise and Sparkle, Room Visits PM Interactive Games	Room Visits AM Exercise and Sparkle, 1.1's PM Hangman 6.30 Night owls	1.1's AM Exercise & Sparkle Room Visits PM Singalong	Room Visits, Hairdresser Foot Health Practitioner AM Exercise and Sparkle, 1.1's/Walks PM Quiz	1.1's, Hairdresser AM Coffee Morning, Room Visits PM Singing Group 6.30 Night owls	Room Visits/hand massage AM Sherry Morning, 1.1's PM Giant Crossword
22	23	24	25	26	27	28
1.1s AM Exercise and Sparkle, Room Visits PM Bingo	Room Visits AM Exercise and Sparkle, 1.1's PM Arts & Crafts	1.1's AM Exercise and Sparkle, Room visits PM Singalong 6.30 Night owls	Room Visits AM Exercise & Sparkle 1.1s PM Hymns & Prayers	1.1's, Hairdresser AM Exercise & Sparkle Room Visits/Walks PM Quiz	Room Visits, Hair AM Coffee Morning, 1.1's PM What's in the Bag 6.30 Night owls	1.1's/hand massage AM Sherry Morning, Room Visits PM Giant Crossword
29	30	31				
Room Visits AM Exercise and Sparkle, 1.1's PM Carpet Bowls	1.1's AM Exercise and Sparkle, Room Visits PM Quiz	Room Visits AM Exercise and Sparkle, 1.1's PM Balloon Tennis 6.30 Night owls				