

AUGUST 2022

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Yorkshire Day	2	3	4	5	6	7
Room visits AM Exercise & Sparkle, 1.1's PM Yorkshire Day Night owls	1.1's Committee Meeting AM Exercise & Sparkle Room visits 3PM Prayers Quiz	Rm visits, Hairdresser AM Exercise & Sparkle 1.1's PM Hangman Night Owls	1.1's, Hair, Nails AM Coffee morning Room visits PM Singing Group Night Owls	Room visits AM Sherry morning 1.1's PM Book Reading	1.1's AM Exercise & Sparkle, Room visits PM Bingo	Room visits AM Exercise & Sparkle, 1.1's PM Film – Comedy
8	9	10	11	12	13	14
1.1's AM Exercise & Sparkle, Room visits PM Afternoon Tea with NAPA concert Night owls	Room visits AM Exercise & Sparkle 1.1's 3PM Prayers Quiz	1.1's, Hairdresser AM Exercise & Sparkle Room visits PM Quiz Night Owls	Rm visits, Hair, Nails Outing - Southend AM Coffee morning 1.1's PM Word Game Night Owls	1.1's AM Sherry morning Room visits PM Book Reading	Room visits AM Exercise & Sparkle, 1.1's PM Interactive Games	1.1's AM Exercise & Sparkle, Room visits PM Derby Day
15 VJ Day	16	17	18	19	20	21
Room visits AM Exercise & Sparkle, 1.1's PM Discussion on VJ Day Night owls	1.1's AM Yoga in TV Lounge Room visits 3PM Prayers Quiz	Rm visits, Hairdresser Foot Health Practitioner AM Exercise & Sparkle 1.1's PM Singalong Night Owls	1.1's, Hair, Nails AM Coffee morning Room visits, PM Singing Group Night Owls	Room visits AM Sherry morning 1.1's PM Balloon Tennis	1.1's AM Exercise & Sparkle, Room visits PM Walks	Room visits AM Exercise & Sparkle, 1.1's PM Film
22	23	24	25	26	27	28
1.1's AM Exercise & Sparkle, Room visits PM Sparkle Magazine Night owls	Room visits, AM Exercise & Sparkle 1.1's, 3PM Prayers Quiz	1.1's, Hairdresser AM Exercise & Sparkle Room visits, PM Crossword Night Owls	Rm visits, Hair, Nails AM Coffee morning 1.1's, PM Snakes & Ladders Night Owls	1.1's, AM Sherry morning Room visits PM Connect 4	Room visits AM Exercise & Sparkle, 1.1's PM Carpet Bowls	1.1's AM Exercise & Sparkle, Room visits PM Who Wants to be a Millionaire?
29 Bank Holiday	30	31				
Room visits AM Exercise & Sparkle, 1.1's PM Pictionary Night owls	1.1's AM Exercise & Sparkle Room visits 3PM Prayers Quiz	Rm visits, Hair Outing AM Exercise & Sparkle 1.1's PM Board Games Night Owls				