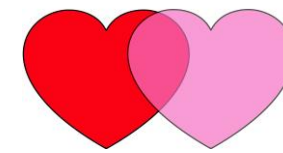


FEBRUARY 2023

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	2	3	4	5
		Rm visits, Hairdresser AM Exercise & Sparkle 1.1's 1PM Daylight Club PM Reminiscing	1.1's, Hair, Nails AM Coffee morning Room visits 1.45 Art Class PM Singing Group Night Owls	Room visits AM Sherry morning 1.1's 2pm Scrabble PM Crossword	1.1's AM Exercise & Sparkle, Room visits PM Singalong	Room visits AM Exercise & Sparkle, 1.1's PM Movie
6	7	8 Holland Day	9	10	11	12
1.1's AM Exercise & Sparkle, Room visits PM Sparkle Magazine Night owls	Rm visits 11am Residents Meeting AM Exercise & Sparkle, 1.1's PM Hymns & Prayers Quiz	1.1's, Hairdresser AM Exercise & Sparkle Room visits PM Holland day	Rm visits, Hair, Nails AM Coffee morning 1.1's, 1.45 Art Class PM Ken Talk Day Night Owls	1.1's AM Sherry morning Room visits 2pm Arts & Crafts with Pauline PM Crossword	Room visits AM Exercise & Sparkle, 1.1's PM Ball Games	1.1's AM Exercise & Sparkle, Room visits PM Derby Day
13	14 Valentine's Day	15	16	17	18	19
Room visits AM Exercise & Sparkle, 1.1's PM 20 Questions Night owls	1.1's AM Exercise & Sparkle Room visits PM Holy Communion Quiz	Rm visits, Hairdresser Outing Verulam Museum AM Exercise & Sparkle 1.1's PM Karaoke	1.1's, Hair, Nails AM Coffee morning Rm vsts, NO Art Class PM Singing Group Night Owls	Room visits AM Sherry morning 1.1's NO Scrabble PM Crossword	1.1's AM Exercise & Sparkle, Room visits PM Quiz	Room visits AM Exercise & Sparkle, 1.1's PM Movie
20	21 Shrove Tuesday	22 Ash Wednesday	23	24	25	26
1.1's AM Exercise & Sparkle, Room visits PM Who Wants to be a Millionaire? Night owls	Room visits, AM Yoga in TV Lounge 1.1's, Pancakes! PM Hymns & Prayers Quiz	1.1's, Hairdresser Foot Health Practitioner AM Exercise & Sparkle Room visits PM Hangman	Rm visits, Hair, Nails AM Coffee morning 1.1's, 1.45 Art Class PM Higher or Lower Night Owls	1.1's, AM Sherry morning Room visits 2pm Scrabble PM Crossword	Room visits AM Exercise & Sparkle, 1.1's PM Interactive Games	1.1's AM Exercise & Sparkle, Room visits PM Pictionary
27	28					
Room visits AM Exercise & Sparkle, 1.1's PM Who, What, Where? Night owls	1.1's AM Exercise & Sparkle Room visits PM Hymns & Prayers Quiz					