

JANUARY 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



SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 New Year's Day	2 Bank Holiday	3	4	5	6
	1.1's AM Exercise & Sparkle, Room visits PM Bean Bags	Room visits AM Exercise & Sparkle, 1.1's PM Derby Day Night owls	1.1's, Committee Meeting AM Exercise & Sparkle Room visits PM Hymns & Prayers Quiz	Rm visits, Hairdresser AM Exercise & Sparkle 1.1's PM Reminiscing	1.1's, Hair, Nails AM Coffee morning Rm vts, NO Art Class PM Singalong Night Owls	Room visits AM Sherry morning 1.1's, NO Scrabble PM Crossword
7	8	9	10	11	12	13
1.1's AM Exercise & Sparkle, Room visits PM Hangman	Room visits AM Exercise & Sparkle, 1.1's PM Comedy Film	1.1's AM Exercise & Sparkle, Room visits PM Pictionary Night owls	Room visits AM Exercise & Sparkle 1.1's PM Holy Communion Quiz	1.1's, Hairdresser AM Exercise & Sparkle Room visits PM Crossword	Rm visits, Hair, Nails AM Coffee morning 1.1's, 2PM Art Class PM 20 Questions Night Owls	1.1's AM Sherry morning Rm visits, 2pm Scrabble PM Book Club
14	15	16	17	18	19	20
Room visits AM Exercise & Sparkle, 1.1's PM Snakes & Ladders	1.1's AM Exercise & Sparkle, Room visits PM Carpet Bowls	Room visits AM Exercise & Sparkle, 1.1's PM Who Wants to be a Millionaire? Night owls	1.1's AM Exercise & Sparkle Room visits PM Hymns & Prayers Quiz	Rm visits, Hairdresser Foot Health Practitioner AM Exercise & Sparkle 1.1's PM Reminiscing	1.1's, Hair, Nails AM Coffee morning Rm vts 2PM Art Class PM Singing Group Night Owls	Room visits AM Sherry morning 1.1's, 2pm Scrabble PM Quiz
21	22 Chinese New Year	23	24	25 Burns Night	26	27
1.1's AM Exercise & Sparkle, Room visits PM Crossword	Room visits AM Exercise & Sparkle, 1.1's PM Chinese Lanterns	1.1's AM Exercise & Sparkle, Room visits PM Sparkle Magazine Night owls	Room visits, AM Exercise & Sparkle 1.1's, 3PM Hymns & Prayers Quiz	1.1's, Hairdresser AM Exercise & Sparkle Room visits PM History of Robbie Burns	Rm visits, Hair, Nails AM Coffee morning 1.1's, 2PM Art Class PM Carpet Bowls Night Owls	1.1's Foot Health Practitioner AM Sherry morning Rm vts, 2pm Scrabble PM Crossword
28	29	30	31			
Room visits AM Exercise & Sparkle, 1.1's PM Interactive Games	1.1's AM Exercise & Sparkle, Room visits PM Ball Games	Room visits AM Exercise & Sparkle, 1.1's PM Higher or Lower Night owls	1.1's AM Yoga Room visits PM Hymns & Prayers Quiz			