

MARCH 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 St David's Day	2 World Book Day	3	4	5
		Rm visits, Hairdresser AM Exercise & Sparkle 1.1's PM Welsh Songs and Trivia	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 Hangman	Room visits AM Exercise & Sparkle, 1.1's PM Higher or Lower
6	7	8	9	10	11 Lithuania Day	12
1.1's AM Exercise & Sparkle, Room visits PM 20 Questions 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 Snakes & Ladders	Rm visits, Hair, Nails AM Coffee morning 1.1's, 1.45 Art Class PM Ball Games Night Owls	1.1's AM Sherry morning Rm vts, 2pm Scrabble PM Crossword	Room visits AM Exercise & Sparkle, 1.1's PM Lithuania Day	1.1's AM Exercise & Sparkle, Room visits PM Derby Day
13	14	15	16	17 St Patrick's Day	18	19 Mother's Day
Room visits AM Exercise & Sparkle, 1.1's PM Pictionary Night owls	1.1's AM Exercise & Sparkle Room visits PM Holy Communion Quiz	Rm visits, Hairdresser Foot Health Practitioner AM Exercise & Sparkle 1.1's PM Arts & Crafts	1.1's, Hair, Nails AM Coffee morning Rm vsts, 1.45 Art Class PM Sparkle Magazine Night Owls	Room visits AM Sherry morning Outing - Odyssey 1.1's, 2pm Scrabble PM St Patrick's Afternoon	1.1's AM Exercise & Sparkle, Room visits PM Interactive Games	Room visits AM Exercise & Sparkle, 1.1's PM Film
20	21	22	23	24	25	26 British Summer Time
1.1's AM Exercise & Sparkle, Room visits PM Carpet Bowls Night owls	Room visits, Foot Health Practitioner AM Yoga in TV Lounge 1.1's, PM Hymns & Prayers Quiz	1.1's, Hairdresser AM Exercise & Sparkle Room visits PM Gardening	Rm visits, Hair, Nails AM Coffee morning 1.1's, 1.45 Art Class PM Singing Group Night Owls	1.1's, AM Sherry morning Room visits 2pm Scrabble PM Crossword	Room visits AM Exercise & Sparkle, 1.1's PM Poems Clocks go forward tonight!	Clocks go forward! 1.1's AM Exercise & Sparkle, Room visits PM Pyramid 4pm Boat Race on TV
27	28	29	30	31		
Rm vst AM Exercise & Sparkle, 1.1's 2pm Card Making PM Who Wants to be a Millionaire? Night owls	1.1's AM Exercise & Sparkle Room visits PM Hymns & Prayers Quiz	Rm visits, Hairdresser AM Exercise & Sparkle 1.1's PM Film	1.1's, Hair, Nails AM Coffee morning Rm vsts, NO Art Class PM Reminiscing Night Owls	Room visits AM Sherry morning 1.1's, NO Scrabble PM Crossword		