

JULY 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	2	3 Wimbledon Starts	4	5	6	7
Room visits AM Exercise & Sparkle, 1.1's PM Derby Day	1.1's AM Exercise & Sparkle, Room visits PM Film - Comedy	Room visits AM Exercise & Sparkle, 1.1's PM Ball Games Night owls	1.1's, 11am Residents Meeting AM Exercise & Sparkle Room visits PM Hymns & Prayers Quiz	Rm visits, Hairdresser AM Exercise & Sparkle 1.1's PM Natter and Knit	1.1's, Hair, Nails AM Coffee morning Room visits PM Singing Group Night Owls	Room visits AM Sherry morning 1.1's, 2.15 Arts & Crafts with Jay PM Crossword
8	9	10	11	12	13	14
1.1's AM Exercise & Sparkle, Room visits PM Childhood Reminiscing Day	Room visits AM Exercise & Sparkle, 1.1's PM Gardening	1.1's AM Exercise & Sparkle, Room visits 2PM Clothes Party PM Interactive Games Night owls	Room visits AM Yoga in TV Lounge 1.1's PM Holy Communion Music Quiz	1.1's, Hairdresser Outing – Southend AM Exercise & Sparkle Room visits, 2.30 Arts & Crafts with Gloria PM Natter and Knit	Rm visits, Hair, Nails AM Coffee morning 1.1's PM Who Wants to be a Millionaire? Night Owls	1.1's AM Sherry morning Room visits PM Crossword
15 Women's Final	16 Men's Final	17	18	19	20	21
Room visits AM Exercise & Sparkle, 1.1's PM Women's Final / Strawberries & Cream	1.1's AM Exercise & Sparkle, Room visits PM Men's Final / Strawberries & Cream	Room visits AM Exercise & Sparkle, 1.1's PM 20 Questions Night owls	1.1's AM Exercise & Sparkle Room visits PM Hymns & Prayers Singalong July	Rm visits, Hairdresser Foot Health Practitioner AM Exercise & Sparkle 1.1's, 2.15 Arts & Crafts with Jay PM Natter and Knit	1.1's, Hair, Nails AM Coffee morning Room visits PM Singing Group Night Owls	Room visits AM Sherry morning 1.1's, Outing – Picnic in the Park PM Crossword
22	23	24	25	26	27	28
1.1's AM Exercise & Sparkle, Room visits PM Outdoor Quiz	Room visits AM Exercise & Sparkle, 1.1's PM Film – Action	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 Foot Health Practitioner AM Exercise & Sparkle Room visits, 2.30 Arts & Crafts with Gloria PM Natter and Knit	Rm visits, Hair, Nails AM Coffee morning 1.1's PM Travel Videos Night Owls	1.1's AM Sherry morning Room visits PM Crossword
29	30	31				
Room visits AM Exercise & Sparkle, 1.1's PM International Tiger Day	1.1's AM Exercise & Sparkle, Room visits PM Bean Bag Games	Room visits AM Exercise & Sparkle, 1.1's PM Carpet Bowls Night owls				