

AUGUST 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	6
	1.1's 11am Residents Meeting AM Exercise & Sparkle, Room visits PM Hymns & Prayers Quiz	Rm visits, Hairdresser AM Exercise & Sparkle 1.1's 2.15 Arts & Crafts with Jay PM Natter and Knit Club	1.1's, Hair, Nails AM Coffee morning Room visits PM Singing Group Night Owls	Room visits Outing – Tring Natural History Museum AM Sherry morning 1.1's PM Crossword	1.1's AM Exercise & Sparkle, Room visits PM Outdoor Quiz	Room visits AM Exercise & Sparkle, 1.1's PM Film - musical
7	8	9	10	11	12	13
1.1's AM Exercise & Sparkle, Room visits PM Sparkle Magazine Night owls	Rm visits AM Exercise & Sparkle, 1.1's PM Hymns & Prayers Quiz	1.1's, Hairdresser Foot Health Practitioner AM Exercise & Sparkle Room visits 2.30 Arts & Crafts with Gloria PM Karaoke	Room visits, Hair, Nails AM Coffee morning, 1.1's PM Who Wants to be a Millionaire? Night Owls	1.1's Outing – Picnic in the Park AM Sherry morning Room visits PM Crossword	Room visits AM Exercise & Sparkle, 1.1's PM Guess the Answer	1.1's AM Exercise & Sparkle, Room visits PM Derby Day
14	15	16	17	18	19	20
Room visits AM Exercise & Sparkle, 1.1's PM Carpet Bowls/Ball Games Night owls	1.1's AM Yoga in TV Lounge Room visits PM Hymns & Prayers Quiz	Rm visits, Hair Outing – LB Railway AM Exercise & Sparkle 1.1's NO Arts & Crafts PM Hangman	1.1's, Hair, Nails AM Coffee morning Room visits PM Singing Group Night Owls	Room visits AM Sherry morning 1.1's PM Crossword	1.1's AM Exercise & Sparkle, Room visits PM World Photography Day	Room visits AM Exercise & Sparkle, 1.1's PM Outdoor Afternoon Tea
21 Poet's Day	22	23	24	25	26	27
1.1's AM Exercise & Sparkle, Room visits PM Interactive Games Night owls	Room visits, AM Exercise & Sparkle 1.1's, PM Hymns & Prayers Quiz	1.1's, Hairdresser AM Exercise & Sparkle Room visits 2.30 Arts & Crafts with Gloria PM Natter and Knit Club	Room visits, Hair, Nails AM Coffee morning 1.1's Summer Garden Party Night Owls	1.1's AM Sherry morning Room visits PM Crossword	Room visits AM Exercise & Sparkle, 1.1's PM Word Game	1.1's AM Exercise & Sparkle, Room visits PM Carpet Bowls
28 Bank Holiday	29	30	31			
Room visits AM Exercise & Sparkle, 1.1's PM Music Quiz Night owls	1.1's AM Exercise & Sparkle Room visits PM Hymns & Prayers Quiz	Room visits, Hair Foot Health Practitioner AM Exercise & Sparkle 1.1's NO Arts & Crafts PM Reminiscing	1.1's, Hair, Nails AM Coffee morning Room Visits PM Singing Group Night Owls			