

SEPTEMBER 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
				Room visits AM Sherry morning 1.1's PM Giant Crossword	1.1's AM Exercise & Sparkle, Room visits PM Ball Games	Room visits AM Exercise & Sparkle, 1.1's PM Derby Day
4	5	6	7	8	9	10
1.1's, Outing – Canal Boat Trip AM Exercise & Sparkle, Room visits PM Hangman 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, NO Arts & Crafts PM Reminisce	Room visits, Hair, Nails AM Coffee morning 1.1's PM Arts & Crafts Night Owls	1.1's AM Sherry morning Room visits PM Karaoke	Room visits AM Exercise & Sparkle, 1.1's PM Poetry	1.1's AM Exercise & Sparkle, Room visits PM Harvest Service
11	12	13	14	15	16	17
Rm visits, Outing – Canal Boat Trip 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, Hair Foot Health Practitioner AM Exercise & Sparkle 1.1's 2.15 Arts & Crafts with Jay PM Knatter & Knit	1.1's, Hair, Nails AM Coffee morning Room visits PM Singing Group Night Owls	Room visits AM Sherry morning 1.1's PM Musical Film	1.1's AM Exercise & Sparkle, Room visits PM Carpet Bowl	Room visits AM Exercise & Sparkle, 1.1's PM Oktoberfest
18	19	20	21	22	23	24
1.1's AM Exercise & Sparkle, Room visits PM Higher or Lower Night owls	Room visits, AM Yoga in TV Lounge 1.1's, PM Hymns & Prayers Quiz	1.1's, Hairdresser AM Exercise & Sparkle Room visits, NO Arts & Crafts PM Bean bag games	Room visits, Hair, Nails AM Coffee morning 1.1's PM Arts & Crafts Night Owls	1.1's AM Sherry morning Room visits PM Music Quiz	Room visits AM Exercise & Sparkle, 1.1's PM La Mercè Celebrations	1.1's AM Exercise & Sparkle, Room visits PM Word Game
25	26	27	28	29	30	
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	Room visits, Hair Foot Health Practitioner AM Exercise & Sparkle 1.1's 2.15 Arts & Crafts with Jay PM Readings	1.1's, Hair, Nails AM Coffee morning Room Visits PM Singing Group Night Owls	Room visits AM Sherry morning 1.1's PM Bingo	1.1's AM Exercise & Sparkle, Room visits PM Catchphrase	