

July 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Wimbledon starts	2	3	4	5	6	7
Wildlife Park trip AM Exercise & Sparkle 1.1's PM Crossword /QUIZ Night owls	AM Stretch & shine exercises in tv lounge 2pm singing & movement with clare Hymns & Prayers	Room visits Hairdresser AM Exercise & Sparkle 1.1's PM Arts & crafts	1.1's, Hair, Nails AM Coffee morning Exercise & sparkle PM singing group in chapel	Exercise & sparkle AM Sherry morning Room visits, PM Book club	Room visits AM Exercise & Sparkle 1.1's PM Carpet Bowls	AM Exercise & Sparkle Room visits / Escorts to church PM Giant Crossword
8	9 Foot health	10	11	12	13	14
Room visits AM Exercise & Sparkle 2PM flower arranging In chapel Pictionary Night owls	Residents and relatives meeting AM Exercise & sparkle AM Yoga PM Hymns & Prayers crossword	Room visits, Hair AM Rise seated sports. Exercise & Sparkle 1.1's PM movie afternoon	1.1's, Hair, Nails AM Coffee morning Exercise & sparkle Room visits PM reminiscing afternoon	Rm visits, last session Music Therapy AM Sherry morning 1.1's, PM Gardening club	1.1's AM Exercise & Sparkle Room visits PM Interactive Quiz	Room visits AM Exercise & Sparkle 1.1's PM derby day
15	16	17	18	19	20	21
1.1's AM Exercise & Sparkle Room visits PM Pictionary Night owls	Exercise group stretch & shine in tv lounge 1.1's PM Hymns & Prayers Quiz	1.1's, Hairdresser AM Exercise & Sparkle Room visits PM Ball games	Rm visits, Hair, Nails AM Coffee morning Exercise & sparkle PM singing group in chapel	Exercise & Sparkle AM Sherry morning Room visits, PM Cream tea in the garden	Room visits AM Exercise & Sparkle 1.1's PM Bingo	1.1's AM Exercise & Sparkle Room visits PM Bean bag / ball games
22	23	24	25	26	27	28
Room visits, AM Exercise & Sparkle 1.1's PM carpet games Night owls	1.1's AM Exercise & Sparkle Room visits PM Hymns & Prayers Knit & natter	Room visits Hairdresser AM Exercise & Sparkle 1.1's PM Interactive games	1.1's, Hair, Nails AM Coffee morning Exercise & sparkle Room visits PM Scrabble/ games	Room visits Foot health AM Sherry morning, Exercise & sparkle 1.1's, PM karaoke	1.1's AM Exercise & Sparkle Room visits PM Quiz	Room visits AM Exercise & Sparkle 1.1's PM Movie afternoon
29	30	31				
1.1's AM Exercise & Sparkle Room visits 2PM Birds of prey Night owls	Room visits AM Exercise & Sparkle 1.1's PM Hymns & Prayers Documentary in tv lounge	1.1's, Hairdresser AM Exercise & Sparkle Room visits PM Group Quiz time With cakes & tea				