

August 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
** = Activities we need Volunteers for			1	2	3	4
			10.00 Barge trip & picnic	11.00 Exercise 2.30 News review		3.30 Proms Band concert **
5	6	7	8	9	10	11
11.30 Gentle exercise 2.30 Games afternoon	11.00 Bake cheese straws 2.30 Cook Road Clangers (hand bells)	11.00 Games 3.30 Communion 6.30 Evening walks**	11.30 Quiz 2.30 Puzzles & games	11.00 Exercise 2.30 News review 3.15 Brora the dog visiting	2.30 Chocolate fountain afternoon tea	
12	13	14	15	16	17	18
11.30 Gentle exercise 2.30 Arts & Crafts	11.00 Nursery school visit 2.30 Hand pamper	11.00 Individual time 12.00 Pub lunch ** 7pm Bingo with a tipple	11.30 Quiz 2.30 Board games	11.00 Exercise 2.30 News review	2.30 afternoon tea with guest speaker	
19	20	21	22	23	24	25
11.30 Gentle exercise 2.30 Coffee & cake walk **	11.00 Baking 2.30 Afternoon tea in the garden	11.00 Nursery school visit 3.30 Communion 7pm Quiz with a tipple	11.30 Countdown 2.00 Massage in the rooms with Amanda 2.30 Favourite poems	11.00 Exercise 2.30 News review	2.30 Jonathan Causebrook – Accordion player	
26	27	28	29	30	31	
11.30 Gentle Exercise 2.30 Games in the lounge	11.30 Flower pressing 2.30 Favourite songs	11.30 Armchair hockey 2.30 Flower arranging with Shirley	11.30 Quiz 2.30 Massage in the lounge	11.30 Exercise 2.30 Gillian, music in the lounge		