

January 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	31					1
11.30 Gentle exercise 2.30 Board games	11.30 Sing-a-long 2.30 Play your cards right					
2	3	4	5	6	7	8
11.30 Gentle exercise 2.30 New Years wishes	11.30 Undress the trees 2.30 Chocolate truffle making	11.30 Words in a word 3pm Church	11.30 Quiz 2.30 Hand & nail pamper	11.30 Music & movement 2.30 Games		
9	10	11	12	13	14	15
11.30 Gentle exercise 2.30 Picture quiz	AM Ollie the dog 2.30 Interactive games	11.30 Card making 2.30 Alphabet challenge	11.30 Quiz 2.30 Dinky pony visit	11.30 Music & movement 2pm School visit	2pm Bingo	
16	17	18	19	20	21	22
11.30 Gentle exercise 2pm Music therapy	11.30 Exploring the internet 2.30 Skittles	11.30 Balloon tennis 3pm Church	11.30 Quiz 2.30 Hand & nail pamper	11.30 Music & movement RESIDENTS FORUM 2pm School visit	3pm Afternoon tea in the dining room	
23	24	25	26	27	28	29
11.30 Gentle exercise 2.30 Crosswords	AM Ollie the dog 2.30 Boggle	11.30 Shortbread making 2.30 Robert Burns poetry	11.30 Quiz 2.30 Games	11.30 Music & movement 2pm School visit	2pm Treats trolley	