


****Volunteers needed**

July 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 AM -Morning Quiz PM – Favourite poems	2 AM - Armchair exercise 3pm Mocktails on the patio	3 AM – one to one	
5	6	7	8	9	10	11
AM – Gentle Exercise PM – One to One/film	AM – Puzzles PM – Tasty Tuesday	3pm Church Service	AM – Morning Quiz PM – Exploring the internet	AM – Armchair Exercise PM – Card making	AM – One to one PM – Ice Cream Sundaes	
12	13	14	15	16	17	18
AM – Gentle Exercise Residents Forum PM – One to One/film	AM – Alphabet challenge PM – Arts & crafts	*Pub lunch (book your seat with Wendy) **	AM – Morning Quiz PM – Afternoon tea on the patio	AM – Armchair Exercise PM – Tuck shop trolley	AM – One to One PM – Bingo	
19	20	21	22	23	24	25
AM – Gentle Exercise PM - One to One/film	AM – Coffee & Chat PM – Tasty Tuesday	3pm Church Service	AM – Morning Quiz PM – Singing	AM – Armchair Exercise PM – Milk shake trolley	AM – One to One 2.30pm Crofton Stokers entertain us.	
26	27	28	29	30	31	
AM – Gentle Exercise PM - One to One /film	AM – Nail Care & pamper PM – Games	PM – Reminiscing	AM – Morning Quiz PM - Time at the Forge afternoon tea **	AM – Armchair Exercise PM – Flower pressing	AM – One to One PM – Hand & nail pamper	