


**\*\*Volunteers needed**

# July 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>31</b>					<b>1</b>	<b>2</b>
					2.30 Games with Helen	
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
11.30 Gentle exercise  2.30 Outdoor games	AM Ollie the dog  2.30 Crosswords	11.30 Words in a word  3:00 Church service	11.30 Quiz  2.30 Coffee shop**	10.45 Race horse visit  2.30 Accordion players	2.30 Games with Helen	
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
11.30 Gentle exercise  2.30 Community Police officer	11.30 Pilates with Helen  2.30 Nursery babies	11:00 Nursery toddlers  2.30 Board games	11.30 Quiz  2.30 Donna sings	11.30 Music & movement  2.30 Boggle	2.30 Games with Helen	
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
11.30 Gentle exercise  2.30 Music therapy	AM Ollie the dog  2.30 Play your cards right	11.30 Alphabet challenge  3:00 Church service	11.30 Quiz  2.30 Village walks**	11.30 Music & movement  2.30 Fun quiz on the patio	2.30 Games with Helen	
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
11.30 Gentle exercise  2.30 Poetry with Debbie	11.30 Pilates with Helen  2.30 Coffee shop trip **	11.30 Sing a long  2.30 Card games	11.30 Quiz  2.30 Outdoor fun	11.30 Music & movement  2.30 Art workshop	2.30 Games with Helen	