

September 2017

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
35	28	29	30	31	1	2	3
					10.30am Coffee and a chat 11am Flex and Stretch 2.30pm Hoopla	10.30 am Coffee and this weeks news 11am Morning wake up 2.30pm Games in the Garden	10.30am Coffee and a chat 11am Yoga 2.30pm Matinee - film of your choice
36	4	5	6	7	8	9	10
	11am Prayer Meeting followed by a chat 2.30pm Songs we love to Sing	10.30am Coffee and a chat 11am Residents Meeting 2.30pm Reminiscence and Quiz	Pamper morning - hand massage and nail care 2.30pm Bean bags, balls and balloons	11am Communion followed by coffee and a chat 2.30pm Reminiscence Workshop - School Days	10.30am Coffee and a chat 11am Childhood Songs 2.30pm Fun with Paints	Teddy Bear Day 10.30am Coffee and this weeks news 11am Flex and Stretch 2.30pm Teddy Bears Picnic	10.30am Coffee and a chat 11am Thai Chi 2.30pm Parachute
37	11	12	13	14	15	16	17
	10.30am Coffee and a chat 11am Wheelchair Hockey 2.30pm Let's talk about...	10.30am Coffee and a chat 11am Morning Wake Up 3.00pm Special tea in the Lounge	Pamper morning - hand massage and nail care 2.30pm Sparkle Time	10.30am Coffee and a Chat 11am Boogie to the beat 2.30pm Outdoor Activities	10.30am Coffee and a chat 11am Move it or lose it 2.30pm Snakes and Ladders	10.30am Coffee and this weeks news 11am Name the bird quizz 2.30pm Watch the Birdie	10.30am Coffee and a Chat 11am Yoga 2.30pm Matinee
38	18	19	20	21	22	23	24
	11am Prayer Meeting followed by a chat and coffee 2.30pm Poetry Please	10.30am Coffee and a chat 11am Music and Rhythm 2.30pm Dough Crafts	Pamper Morning - hand massage and nail care 2.30pm Reminiscence and Quiz	10.30am Coffee and a chat 11am Morning wake Up 2.30pm Flower Power	10.30am Coffee and a chat 11am Flex and Stretch 2.30pm Let's travel to the Philippines	10.30am Coffee & this weeks news 11.00am Games in the Lounge 2.30pm Harvest Moon	10.30am coffee and a chat 11am Thai Chi 2.30pm Board Games
39	25	26	27	28	29	30	1
	10.30am Coffee and a chat 11am Ball Games 2.30pm Boogie to the Beat	10.30am Coffee and a chat 11am Flex and Stretch 2.30pm Sensory afternoon	Pamper morning - hand massage and nail care 2.30pm Reminiscence and afternoon tea in the garden	10.30am Coffee and chat 11am exercises and Singalong 2.30pm Making Corn Dollies	10.30am Coffee and a chat 11am Move it or lose it 2.30pm Skittles	10.30am Coffee and this weeks news 11am Morning Wake Up 2.30pm Games in the Garden	