

January 2018

| Wk | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----|--|--|---|--|---|--|--|
| 1 | 1 New Year's Day Balloon Modeling | 2 New Years Workout What's on the board | 3 Sparkle Time Music and Rhythm | 4 11am Communion Reminiscence Time | 5 Bean bag and balls National Bird Day Bingo | 6 Move it or lose it! Songs we have forgotten - your choice | 7 Morning Workout Games Songs of Praise |
| | 8 Wheelchair Hockey Poetry | 9 Quiz Residents Meeting Music & Rhythm | 10 Balls and Balloons Winter Reminiscence Time | 11 Morning Workout Lets Make some cookies | 12 Boogie to the Beat Mens lunch and choice of film | 13 Songs we love to sing Parachute Game | 14 Morning Workout Skittles Songs of Praise |
| 3 | 15 11amPrayer Meeting Reminiscence Quiz | 16 Sparkle Time and general knowledge quiz Baby Shower and High Tea | 17 Morning Singalong Sensory Day | 18 Flex and Stretch Winnie the Pooh Day | 19 Games Morning Reminiscence Workshop - Drumming | 20 Penguin Facts Penguin awareness Day | 21 Move it or lose it Games Songs of Praise |
| | 22 Flex and Stretch Lets Paint | 23 Tai-Chi Chinese New Year begins - let's celebrate! | 24 Morning Reminiscence Quiz Boogie to the Beat | 25 A Day in Scotland - Burns Night Lets try some Haggis | 26 Bean bags, balls and balloons Let's talk about... | 27 Hoop La Tales from Lewis Carroll | 28 Morning Workout Table top games Songs of Praise |
| 5 | 29 11amPrayer Meeting Sparkle Time | 30 Pony Tails 2pm Lotty the Pony | 31 Morning Workout Inspire your heart with art day - lets go arty! | 1 | 2 | 3 | 4 |