

February 2024

Lounge



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1
10:00am: Exercise With Deb
10:30am: Coffee And Conversation
11:00am: Famous Faces With Sarah (Garden Room)
11:00am: Thumb Ball With Lou (Lounge)
12:00pm: Upper Body Workout (Lounge)
2:30pm: 1960s Music Quiz With Lou (Lounge)
2:30pm: Nail Care with Deb
2:30pm: Rumikub With Sarah

2
10:00am: Exercise With Matt
10:30am: Card Making With Lou (Garden Room)
10:30am: Coffee And Conversation
11:00am: Who Sang This? With Matt (Lounge)
12:00pm: Upper Body Workout
2:30pm: Presidents With Matt (Lounge)
2:30pm: Reminiscence With Lou (Garden Room)

3
10:00am: Exercises With Max
10:45am: Coffee And Conversation
11:00am: Sensory-Orange Volcano With Max (Garden Room)
11:00am: Tales From History With Matt (Lounge)
2:30pm: Brain Training - Matt
2:30pm: Floor Games With Max

4
10:30am: Coffee And Conversation
11:30am: Songs Of Praise (Lounge)
2:30pm: Film Club Little Women
4:00pm: On This Day

5

10:00am: Exercise With Matt

10:30am: Coffee And Conversation

11:00am: Short Stories With Matt

11:30am: Morning Worship With Deb

12:00pm: Upper Body Workout

2:30pm: Book club With Matt

2:30pm: Nail Care with Deb

6

10:00am: Exercise With Deb

10:30am: Coffee And Conversation

11:00am: Louis Armstrong Presentation with Matt

11:00am: Scrabble With Sarah

12:00pm: Upper Body Workout

2:30pm: Card Bingo with Debbie

2:30pm: General Knowledge Quiz with Lou

2:30pm: Scrabble With Sarah

7

10:00am: Exercise With Matt

10:30am: Coffee And Conversation

11:00am: Armchair Travel - Matt

11:00am: Sensory-Perfumes With Sarah

12:00pm: Upper Body Workout

2:30pm: Book Club With Richard

2:30pm: Rummage Box With Sarah (Dining Room)

8

10:00am: Exercise With Deb

10:30am: Coffee And Conversation

11:00am: Do you remember? With Lou (Lounge)

11:00am: Math With Matt

12:00pm: Upper Body Workout

2:30pm: Music With Matt

2:30pm: Nail Care

2:30pm: Word Games With Sarah (Garden Room)

9

10:00am: Craft Corner-Hearts With Sarah

10:00am: Exercise With Matt

10:30am: Coffee And Conversation

11:00am: History of England with Matt

12:00pm: Upper Body Workout

2:30pm: Spelling Bee - Matt

10

9:00am: Chinese New Year

10:00am: Exercises With Max

10:45am: Coffee And Conversation

11:00am: Sensory-Twiddle Muffs With Max (Garden Room)

11:00am: Word Games With Deb (Lounge)

2:30pm: Bingo - Deb

2:30pm: Floor Games With Max

11

10:30am: Coffee And Conversation

11:30am: Songs Of Praise (Lounge)

2:30pm: Film Club

4:00pm: On This Day

12

10:00am: Exercise With Deb

10:30am: Coffee And Conversation

11:30am: Morning Worship

12:00pm: Upper Body Workout

2:30pm: Board Games With Deb

2:30pm: Nail Care with Lou

13

10:00am: Exercise With Matt

10:30am: Coffee And Conversation

11:00am: Tuneful Tuesday with Matt

11:15am: The World At War In The Garden Room

12:00pm: Upper Body Workout

2:30pm: Cards With Debbie

2:30pm: General Knowledge Quiz with Matt

2:30pm: Scrabble With Sarah

5:00pm: Pancake Party

14

9:00am: Valentines Day

10:00am: Exercise With Matt

10:30am: Coffee And Conversation

11:00am: Armchair Travel - Paris - with Matt

11:00am: Conversation Hearts with Sarah (Garden Room)

12:00pm: Upper Body Workout

2:30pm: Book Club With Richard

2:30pm: Reminiscence With Matt

15

10:00am: Exercise With Deb

10:30am: Coffee And Conversation

10:30am: Education Talk With Ann

11:00am: Parachute Games With Lou

12:00pm: Upper Body Workout

2:30pm: Elvis

2:30pm: Nail Care

2:30pm: Word Games With Sarah

16

10:00am: Exercise With Matt

10:30am: Coffee And Conversation

10:30am: Craft Corner With Lou

11:00am: Famous Faces With Matt

12:00pm: Upper Body Workout

2:30pm: Presidents With Matt

2:30pm: Reminiscence With Lou (Garden Room)

17

10:00am: Exercises With Max

10:45am: Coffee And Conversation

11:00am: Musical Trivia With Matt

11:00am: Sensory-Moon Sand With Max (Garden Room)

2:30pm: Brain Training - Matt

2:30pm: Floor Games With Max

18

10:30am: Coffee And Conversation

11:30am: Songs Of Praise (Lounge)

12:00pm: Who Am I? With Lou

2:30pm: Film Club Oliver

4:00pm: On This Day

19

10:00am: Exercise With Deb

10:30am: Coffee And Conversation

11:00am: Short Stories With Matt

11:30am: Morning Worship

12:00pm: Upper Body Workout

2:30pm: Board Games With Matt

2:30pm: Nail Care with Deb

20

10:00am: Exercise With Deb

10:30am: Coffee And Conversation

11:00am: Scrabble With Sarah

11:00am: Tuneful Tuesday with Matt

12:00pm: Upper Body Workout

2:30pm: Cards With Debbie

2:30pm: General Knowledge Quiz with Matt

2:30pm: Scrabble With Sarah

21

10:00am: Exercise With Matt

10:30am: Coffee And Conversation

11:00am: Armchair Travel - Matt

11:00am: Sensory-Hats With Sarah

12:00pm: Upper Body Workout

2:30pm: Book Club With Richard

2:30pm: Quirkle With Sarah (Dining Room)

22

10:00am: Exercise With Deb

10:30am: Coffee And Conversation

11:00am: Games With Lou

11:00am: Math With Matt

12:00pm: Upper Body Workout

2:30pm: Martin Luther King Presentation with Matt

2:30pm: Nail Care

2:30pm: UNO With Sarah (Garden Room)

23

10:00am: Craft Corner With Sarah

10:00am: Exercise With Matt

10:30am: Coffee And Conversation

11:00am: Riddles With Matt

12:00pm: Upper Body Workout

2:30pm: A Moment In Time With Matt

24

10:00am: Exercises With Max

10:45am: Coffee And Conversation

11:00am: Sensory-Scent Guessing With Max (Garden Room)

11:00am: Word Games With Deb (Lounge)

2:30pm: Bingo - Deb

2:30pm: Floor Games With Max

25

10:30am: Coffee And Conversation

11:30am: Songs Of Praise (Lounge)

2:30pm: Film Club

4:00pm: On This Day

26

10:00am: Exercise With Deb

10:30am: Coffee And Conversation

11:30am: Morning Worship

12:00pm: Upper Body Workout

2:30pm: Nail Care

2:30pm: Who Am I ? With Lou

3:30pm: Board Games With Deb

27

10:00am: Exercise With Matt

10:30am: Coffee And Conversation

11:00am: Tuneful Tuesday with Matt

11:15am: The Word At War In The Garden Room

12:00pm: Upper Body Workout

2:30pm: Cards With Debbie

2:30pm: General Knowledge Quiz with Matt

2:30pm: Scrabble With Sarah

28

10:00am: Exercise With Matt

10:30am: Coffee And Conversation

11:00am: Armchair Travel - Matt

11:00am: Sensory-Fruit Tasting With Sarah

12:00pm: Upper Body Workout

2:30pm: Book Club With Richard

2:30pm: Reminiscence With Matt

29

10:00am: Exercise With Deb

10:30am: Coffee And Conversation

11:00am: Residents Meeting

12:00pm: Upper Body Workout

2:30pm: Music With Deb

2:30pm: Word Games With Lou (Lounge)

