

December 2024 Activity Schedule

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

9:15am Exercise - GR 2 with Caroline
10:00am On This Day with Deb
10:30am Daily News-Diny's Den with Caroline
11:00am Morning Movement - Exercise to music with Deb
11:00am Reminiscence - Christmas Memories with Caroline
11:30am Holy Communion with Rev Jane
2:30pm Words beginning with Dec with Deb

9:15am Exercise - GR 3 with Deb
10:00am On This Day with Matt
10:30am Daily News-Diny's Den with Deb
11:00am Christmas Card Making With Deb - DR
11:00am Morning Movement - Skittles with Matt
11:30am The World at War with Volunteer Simon
2:30pm Story of St Nicholas with Matt
4:00pm Wind Down With Music

9:00am Christmas Decorating Day! **4**
9:15am Exercise - GR with Georgie
11:00am Christmas Music Memories
2:30pm Book Club With Volunteer Richard - Lounge

9:15am Exercise - GR 5 with Caroline
10:00am On This Day with Caroline
11:00am December Birthdays- Who Am I? With Caroline
11:45am Morning Movement - Catching with Caroline
2:00pm Music Of Andre Rieu
4:00pm Wind Down With Music

9:15am Exercise - GR 6 with Georgie
10:00am On This Day with Georgie
11:00am History Of Christmas Cards With Georgie
11:45am Morning Movement - How's Your Aim? with Georgie
2:30pm General Knowledge Quiz with Georgie
4:00pm Wind Down With Music

10:00am On This Day 7 with Georgie
11:00am Pet Therapy With Graham and Georgie
11:45am Morning Movement - Upper Body Workout with Georgie
2:30pm Jokes With Georgie
4:00pm Wind Down With Music

10:00am Manicure **1** Morning with Lauren
10:00am On This Day with Max
11:00am December in History with Max
11:45am Morning Movement - Arm exercises with Max
2:30pm Board Games With Lauren
2:30pm Christmas film club with Max
4:00pm Wind Down With Music

10:00am On This Day 8 With Ellen
11:00am Christmas Carols with Ellen
11:45am Morning Movement - Arm Exercises With Ellen
2:30pm Christmas Film Club with Ellen

9:15am Exercise - GR 9
with Matt
10:00am On This Day
with Matt
11:00am Morning
Movement - Breathing
exercises with Matt
11:30am Morning
Worship with Matt
2:30pm Brain Training
With Matt
4:00pm Wind Down
With Music

9:15am Exercise - 10
GR with Deb
10:00am On This Day
with Georgie
10:30am Daily News-
Diny's Den with Deb
11:00am Christmas
Reminiscence with
Georgie
11:00am Tuneful
Tuesday with Deb
11:45am Morning
Movement - Skittles with
Georgie
2:30pm Christmas
Baking with Deb
2:30pm What does
Christmas mean to you?
with Georgie
4:00pm Wind Down
With Music

9:15am Exercise - 11
GR with Georgie
10:00am On This Day
with Matt
10:30am Daily News-
Diny's Den with Georgie
11:00am Armchair
Travel with Matt
11:00am Pet Therapy
With Graham and
Georgie
11:45am Morning
Movement - Balloons
with Matt
2:30pm Book Club With
Volunteer Richard
2:30pm Crosswords
with Matt
4:00pm Wind Down
With Music

9:00am Christmas 12
Jumper Day
9:15am Exercise - GR
with Deb
10:00am On This Day
with Matt
10:30am Daily News-
Diny's Den with Deb
11:00am Resident
Meeting One To Ones
With Deb
11:00am Residents
Meeting with Matt
2:30pm Musical
Entertainment With Lin
Phelps
4:00pm Wind Down
With Music

9:15am Exercise - 13
GR with Georgie
10:00am Craft - DR
with Lauren
10:00am On This Day
with Georgie
10:45am Daily News-
Diny's Den with Lauren
11:00am Musical
Instruments With
Georgie
11:45am Morning
Movement - How's Your
Aim? with Georgie
2:30pm Christmas Quiz
with Lauren
2:30pm Getting To
Know You With Lauren
4:00pm Wind Down
With Music

10:00am On This 14
Day with Caroline
10:30am Daily News-
Diny's Den with Ellen
11:00am Christmas
Crafts with Ellen
11:00am Pet Therapy
with Graham and
Caroline
11:45am Morning
Movement - Upper
Body Workout with
Caroline
2:30pm Bingo with Deb
2:30pm Complete The
Carol Titles With Ellen
4:00pm Wind Down
With Music

10:00am Manicure 15
Morning with Lauren
10:00am On This Day
with Max
10:45am Santa Dash!
11:00am Rhyming
riddles with Max
11:45am Morning
Movement - Arm
exercises with Max
2:30pm Board Games
With Lauren
2:30pm News of the
Year with Max
4:00pm Wind Down
With Music

9:15am Exercise - 16
GR with Caroline
10:00am On This Day
with Caroline
11:00am Morning
Movement - Exercise to
music with Caroline
11:30am Holy
Communion with Rev
Jane
2:00pm The 12 Days of
Christmas with Caroline
4:00pm Wind Down
With Music

9:15am Exercise - 17
GR with Matt
10:00am On This Day
with Matt
11:00am Morning
Movement - Breathing
exercises with Matt
11:30am The World At
War - With Volunteer
Simon
2:30pm Mystery
Presentation with Matt
4:00pm Wind Down
With Music

9:15am Exercise - 18
GR with Georgie
10:00am On This Day
with Matt
10:30am Daily News-
Diny's Den with Georgie
11:00am Armchair
Travel- Christmas
Markets with Matt
11:00am Pet Therapy
With Graham and
Georgie
11:45am Morning
Movement - Balloons
with Matt
2:30pm Book Club With
Volunteer Richard
2:30pm Christmas
Poems with Matt
4:00pm Wind Down
With Music

9:15am Exercise - 19
GR
10:00am On This Day
with
10:30am Daily News-
Diny's Den
11:45am Morning
Movement - Balls
2:30pm Musical
Entertainment With
Elvis
4:00pm Wind Down
With Music

9:15am Exercise - 20
GR with Lauren
10:00am Craft - DR
with Lauren
10:00am On This Day
with Georgie
11:00am Higher Or
Lower With Georgie
11:45am Morning
Movement - How's Your
Aim? with Georgie
2:00pm Gardening
Club With Volunteer
Caroline
3:00pm Local childrens
Choir
4:00pm Wind Down
With Music

9:00am Christmas 21
Party!
11:15am Wheathill
Benefice Choir Carol
Singing
2:30pm Christmas
Party Mystery Guests

10:00am Manicure 22
Day with Lauren
10:00am On This Day
with Max
11:00am Your favourite
Christmas Songs with
Max
11:45am Morning
Movement - Arm
exercises with Max
2:30pm What makes
Christmas special? with
Max
4:00pm Wind Down
With Music

9:15am Exercise - 23
GR with Deb
10:00am On This Day
with Deb
11:00am Morning
Movement - Exercise to
music with Deb
11:30am Morning
Worship with Deb
2:30pm Carols and
Cocoa with Deb
4:00pm Wind Down
With Music

9:15am Exercise - 24
GR with Matt
10:00am On This Day
with Georgie
10:30am Daily News-
Diny's Den with Deb
11:00am Christmas
Bingo with Deb
11:00am Christmas
Quiz with Matt
2:30pm Musical
Entertainment With
Hayley Renee
4:00pm Wind Down
With Music

7:00am Breakfast In 25
Bed
10:30am Gather Round
the Christmas Tree
11:00am Christmas
Carols With Matt
12:30pm Christmas
Dinner
3:00pm Kings Speech

9:15am Exercise - 26
GR with Deb
10:00am On This Day
with Matt
10:30am Daily News-
Diny's Den with Deb
11:00am Resident
Meeting One To Ones
With Deb
11:00am Residents
Meeting with Matt
2:30pm Baking Club
with Deb
2:30pm Pet Therapy
With Graham and
Caroline
4:00pm Wind Down
With Music

9:15am Exercise 27
- GR with Georgie
10:00am Craft - DR
with Lauren
10:00am On This
Day with Georgie
11:00am Panto!
11:45am Morning
Movement - How's
Your Aim?
2:30pm General
Knowledge Quiz with
Lauren
2:30pm Jigsaw
Puzzles With Georgie
4:00pm Wind Down
With Music

10:00am On This 28
Day with Ellen
10:30am Daily News-
Diny's Den with
Caroline
11:00am Colouring
With Caroline
11:00am Pet therapy
with Graham and
Ellen
11:45am Morning
Movement - Hand
exercises with Ellen
2:30pm Bingo with
Deb
2:30pm What's In
The Bag? With
Caroline
4:00pm Wind Down
With Music

10:00am 29
Manicure Morning
with Lauren
10:00am On This
Day with Max
11:00am Name the
car with Max
11:45am Morning
Movement - Arm
exercises with Max
2:30pm Alphabet
Quiz with Lauren
2:30pm Board
Games With Max
4:00pm Wind Down
With Music

9:15am Exercise - 30
GR with Caroline
10:00am On This Day
with Deb
10:30am Daily News-
Diny's Den with
Caroline
11:00am Mindfulness
With Caroline
11:00am Morning
Movement - Exercise to
music with Deb
11:30am Morning
Worship with Deb
2:30pm Word Games
with Deb
4:00pm Wind Down
With Music

9:15am Exercise - 31
GR with Deb
10:00am On This Day
with Matt
10:30am Daily News-
Diny's Den with Deb
11:00am Sensory - I
Spy, I Hear With Deb
11:00am Tuneful
Tuesday with Matt
11:45am Morning
Movement - Breathing
exercises with Matt
2:30pm Card Games-
GR with Deb
2:30pm Year in Review
with Matt
4:00pm Wind Down
With Music