March 2025 Lounge

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|--|--|---|---|--|
| | | | | | 9:00am St Davids Day 1 10:00am On This Day With Matt 11:00am The Music of Wales With Matt 11:45am Morning Movement - Upper Body Workout With Matt 2:30pm Brain Training with Matt 4:00pm Wind Down With Music | 10:00am On This Day 2 With Max 11:00am Minute To Win It- Balloon keepy ups with Max 11:45am Morning Movement - Arm Exercises With Max 2:30pm Getting To Know You with Max 4:00pm Wind Down With Music |
| 10:00am On This Day 3 With Deb 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 | 9:00am Pancake Day 4 10:00am On This Day With Georgie 11:00am Who Sang This? With Georgie 11:45am Morning Movement - Skittles With Georgie 2:30pm Impactful Women From History with Matt 4:00pm Wind Down With Music | 10:00am On This Day 5 With Matt 11:00am Armchair Travel with Matt 11:45am Morning Movement - Hand exercises with Matt 2:30pm Fun With Numbers with Georgie 4:00pm Wind Down With Music | 10:00am On This Day 6 With Deb 11:00am Finish The Phrase With Deb 11:45am Morning Movement - Balls With Deb 2:30pm Reminiscence- What Makes You Smile? With Caroline 4:00pm Wind Down With Music | 10:00am On This Day 7 With Athira 11:00am Famous Faces With Athira 11:45am Morning Movement - Balloons with Athira 2:30pm General Knowledge Quiz with Athira 4:00pm Wind Down With Music | 10:00am On This Day 8 With Ellen 11:00am What Were They Famous For? With Ellen 11:45am Morning Movement - Upper Body Workout With Ellen 2:30pm Bingo with Deb in the Dining Room 2:30pm Singalong Saturday With Ellen 4:00pm Wind Down With Music | 10:00am On This Day 9 With Athira 11:00am Minute To Win It- Alphabet Backwards with Athira 11:45am Morning Movement - Arm Exercises With Athira 2:30pm Craft With Athira 4:00pm Wind Down With Music |
| 10:00am On This Day 10 With Deb 11:00am Morning Movement - Exercise to music with Deb 11:30am Morning Prayer with Rev Jane 2:30pm Word Games with Deb 4:00pm Wind Down With Music | 10:00am On This Day 11 With Matt 11:00am Tuneful Tuesday With Matt 11:45am Morning Movement - Leg Exercises With Matt 2:30pm Mystery Presentation with Matt 4:00pm Wind Down With Music | 10:00am On This Day 12 With Matt 10:00am Qigong And Tai Chi With Cheyne 11:45am Morning Movement - Hand exercises with Matt 2:30pm Fun With Words with Georgie 4:00pm Wind Down With Music | 10:00am On This Day 13 With Caroline 11:00am It Happened In March Quiz With Caroline 11:45am Morning Movement - Balls With Caroline 2:30pm Reminiscence- Clothes You Used To Wear With Deb 4:00pm Wind Down With Music | 10:00am On This Day 14 With Athira 11:00am Spring Visual Quiz with Athira 11:45am Morning Movement - Balloons with Athira 2:30pm Musical entertainment with Mark Busell 4:00pm Wind Down With Music | 10:00am On This Day 15 With Matt 11:00am Musical Medley With Matt 11:45am Morning Movement - Upper Body Workout With Matt 2:30pm Brain Training with Matt 4:00pm Wind Down With Music | 10:00am On This Day 16 With Max 11:00am Minute To Win It- How Old Are They Now? with Max 11:45am Morning Movement - Arm Exercises With Max 2:30pm Getting To Know You with Max 4:00pm Wind Down With Music |

9:00am St Patricks 17 **10:00am** On This **10:00am** On This 10:00am On This 9:00am World 10:00am On This 22 **10:00am** On This 23 Day Day With Matt Day With Matt Day With Deb Poetry Day Day With Ellen Day With Athira 10:00am On This Day 11:00am Morning 11:00am Armchair 11:00am How Many 10:00am On This Day 11:00am Tonque 11:00am Minute To Win Movement - Skittles Travel - Ireland with Flowers Can You Twisters With Ellen It- English Counties with With Matt With Athira Name? with Deb Athira 11:00am Morning With Matt Matt 11:00am Poems With 11:45am Morning Movement - Exercise to 11:30am The World At 11:45am Morning 11:45am Morning Athira Movement - Upper Body 11:45am Morning music with Matt War - With Volunteer Movement - Hand Movement - Balls With 11:45am Morning Workout With Ellen Movement - Arm Simon exercises with Matt Deb **Exercises With Athira** 11:30am Morning Movement - Balloons 2:30pm Bingo with Deb 2:30pm Baking Club 2:30pm Mystery 2:30pm Fun With with Athira in the Dining Room 2:30pm Craft With Worship with Matt 2:30pm The music of Presentation with Matt Numbers with Georgie With Deb 2:30pm General 4:00pm Wind Down Athira Ireland with Deb 4:00pm Wind Down 2:30pm Reminiscence Knowledge Quiz with 4:00pm Wind Down 4:00pm Wind Down With Music With Music With Music With Caroline Athira With Music 4:00pm Wind Down With Music 4:00pm Wind Down 4:00pm Wind Down With Music With Music 9:00am Mothering **10:00am** On This 10:00am On This **10:00am** On This **10:00am** On This **10:00am** On This 10:00am On This 24 28 29 30 Day With Deb Day With Matt Day With Matt Day With Caroline Day With Athira Day With Matt Sunday 11:00am Residents 10:00am On This Day 11:00am Morning 11:00am Tuneful 11:00am Armchair 11:00am Things Your 11:00am Musical Movement - Exercise to **Tuesday With Matt** Travel- Greece with Mother Told You With Meeting With Matt Medley With Matt With Max music with Deb Matt Caroline 11:00am Minute To Win 11:45am Morning 2:30pm General 11:45am Morning 11:30am Morning Movement - Leg 11:45am Morning 11:45am Morning Knowledge Quiz with Movement - Upper Body It- Jenga with Max Movement - Balls With Worship with Deb **Exercises With Matt** Movement - Hand Athira Workout With Matt 11:45am Morning Caroline exercises with Matt 4:00pm Wind Down 2:30pm Word Games 2:30pm Mystery 2:30pm Brain Training Movement - Arm with Deb Presentation with Matt 2:30pm Fun With 2:30pm The Price Is with Matt **Exercises With Max** With Music Words with Georgie Right With Deb 3:00pm Bishop Visit 4:00pm Wind Down 4:00pm Wind Down 2:30pm Mothers Day PM TBC With Music 4:00pm Wind Down 4:00pm Wind Down With Music Tea Party in the Lounge With Music With Music 4:00pm Wind Down 4:00pm Wind Down With Music With Music **10:00am** On This 31 Day With Deb 11:00am Morning Movement - Exercise to music with Deb 11:30am Morning Worship with Deb 2:30pm Word Games

with Deb

With Music

4:00pm Wind Down