

July Activities

Date	Morning (AM)	Afternoon (PM)
Thursday 1st	Quiz Morning	Bingo/international reggae day
Friday 2nd	Top up the bird feeders and a walk around the garden/ residents meeting in maple lounge	Afternoon tea and homemade scones
Saturday 3rd	Pamper Morning	Movie Matinee
Sunday 4th	Church Service on TV	Adult Colouring & Relaxation
Monday 5th	Flower Arranging & Social Calls	Quiz Afternoon & Gentlemen's Club
Tuesday 6th	Movers & Shakers Exercise/ stroll around the garden	Baking Club
Wednesday 7th	World Chocolate Day- we will be making choc chip muffins	Food Tasting- all types of chocolate and an historical talk on Cadbury's
Thursday 8th	Games for All	Bingo
Friday 9th	Top up the bird feeders and a walk around the garden	Join us for strawberries & cream and let's celebrate Wimbledon in style with a game of swing ball tennis
Saturday 10th	Pamper Morning	Movie Matinee
Sunday 11th	Church Service on TV	Adult Colouring & Relaxation
Monday 12th	Don't Step on a Bee Day	For National Doughnut Week join us for some word games and a few delicious doughnuts
Tuesday 13th	Movers & Shakers Exercise/Stroll around the garden	Gardening Club/Pebble Painting
Wednesday 14th	Salon day/Baking & Social Calls	Name that tune
Thursday 15th	Exercise with Dance Class with Mandy	Bingo
Friday 16th	Top up the bird feeders and stroll around the gardens	Join us for this month's themed event we are going back in time to the 50s
Saturday 17th	Pamper Morning	Movie Matinee
Sunday 18th	Church Service on TV	Adult Colouring & Relaxation
Monday 19th	Flower Arranging & Social Calls	Reminiscence day of our beach and caravan holidays
Tuesday 20th	Movers & Shakers Exercise/Stroll around the garden	Baking Club/ Strolls around the garden
Wednesday 21st	Salon day/ singalong with Kim	Arts and crafts
Thursday 22nd	Games for All	Bingo
Friday 23rd	Top up the bird feeders and 1:2:1 interaction therapy	Fish and Chip lunch and a walk around the Castle
Saturday 24th	Pamper Morning	Movie Matinee
Sunday 25th	Church Service on TV	Adult Colouring & Relaxation
Monday 26th	National Marine Week/ Poetry	Hook your Duck
Tuesday 27th	Resistance bands and light weights for this morning Flex Class	Scrabble Club
Wednesday 28th	Salon day/Baking & Social Calls	A game of croquet on the lawn (weather permitting)
Thursday 29th	Coffee Morning and News and checking on our vegetable garden	Gardening Club
Friday 30th	Top up the bird feeders and a walk around the garden/ World Friendship Day	For National Parks Week we shall be heading down to the riverside for a picnic (weather permitting)
Saturday 31st	Pamper Morning	Movie Matinee

Please note, all activities are subject to change

Don't forget Fire Test - 3pm every Thursday