

August Activities

Date	Morning (AM)	Afternoon (PM)
Sunday 1st	Activity packs	Activity packs
Monday 2nd	Coffee morning in the Tudor room/Namaste	Arts craft/painting/cooking
Tuesday 3rd	Yoga/fitness/dog visit	Just John Music
Wednesday 4th	Coffee morning in the Tudor room/Namaste	Nails, hand massage, eye brows – general pamper
Thursday 5th	Coffee morning in the Tudor room/Namaste	Flower arranging in the Garden Suite
Friday 6th	Coffee morning in the Tudor room/Namaste	Quiz and Bingo
Saturday 7th	Activity packs	Activity packs
Sunday 8th	Activity packs	Activity packs
Monday 9th	Coffee morning in the Tudor room/Namaste	Art/crafts/painting/cooking
Tuesday 10th	Movement to music – Tudor room	Robert Burton- Accordion
Wednesday 11th	Coffee morning in the Tudor room/Namaste	Nails, hand massage, eye brows – general pamper
Thursday 12th	Coffee morning in the Tudor room/Namaste	Flower arranging- Garden Suite.
Friday 13th	Coffee morning in the Tudor room/Namaste	Gardening/quiz/bingo
Saturday 14th		Afternoon tea with guests
Sunday 15th	Activity packs	Activity packs
Monday 16th	Coffee morning in the Tudor room/Namaste	Arts/crafts/painting/cooking
Tuesday 17th	Yoga/fitness/dog visit	Pub lunch/coffee Garden Suite
Wednesday 18th	Coffee morning in the Tudor room/Namaste	Nails, hand massage, eye brows – general pamper
Thursday 19th	Coffee morning in the Tudor room/Namaste	Flower arranging in the Garden Suite
Friday 20th	Coffee morning in the Tudor room/Namaste	Gardening/quiz/bingo
Saturday 21st	Activity packs	Activity Packs
Sunday 22nd	Activity packs	Activity packs
Monday 23rd	Coffee morning in the Tudor room/Namaste	Arts/crafts/painting/cooking
Tuesday 24th	Movement to music – Tudor room	Pub lunch/coffee Garden Suite
Wednesday 25th	Coffee morning in the Tudor room/Namaste	Church service. Nails, hand massage, eye brows – general pamper
Thursday 26th	Coffee morning in the Tudor room/Namaste	Flower arranging in the Garden Suite
Friday 27th	Coffee morning in the Tudor room/Namaste	Gardening/quiz/bingo
Saturday 28th		Afternoon tea with guests
Sunday 29th	Activity packs	Activity packs
Monday 30th	Coffee morning in the Tudor room/Namaste	
Tuesday 31st	Yoga/fitness/dog visit	