

July

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:15-11:00AM	10:15-11:00AM	10:15-11:00AM	10:15-11:00AM	10:15-11:00AM	10:15-11:00AM	10:15-11:00AM
THE DAILY NEWS	THE DAILY NEWS	THE DAILY NEWS	THE DAILY NEWS	THE DAILY NEWS	THE DAILY NEWS	THE DAILY NEWS
Dining Room	Dining Room	Dining Room	Dining Room	Dining Room	Dining Room	Dining Room
11:00-11.45am	11:00-11.45am	P	11:00-11.45am	11:00-11.45am	11:00-11.45am	11:00-11.45am
Chair Exercise	Flower Arranging	Seated Dancing to the 70's	Chair Exercises	Jewellery Making	Skittles	Painting salt dough
Dining Room	Dining Room	Dining Room	Dining Room	Dining Room	Dining Room	Dining Room
1:30-2:45PM	1:30-2:45PM	2-3pm	1:30-2:45PM	1:30-2:45PM	1:30-2:45PM	1:30-2:45PM
QUIZZES	PARACHUTE GAME	SALT DOUGH CRAFTS	Making Paper Flowers	Discussion Group - Favourite Films	Arrowwords Crossword	Trivia Quizz
meet in reception	lounge	Dining room	Dining room	lounge	Dining Room	Dining Room
3PM-4.15PM	3PM-4.15PM	3PM-4.15PM	2pm - 3pm	3PM-4.15PM	3PM-4.15PM	3PM-4.15PM
Karaoke	Mosaic Arts	Card Games	Fitness in the Fitness room	Afternoon Film	Cup Cake Decorating for Tea	Music Group
lounge	dining room	dining room	Fitness Room	lounge	dining room	
	5.45-7.15PM		5.45-7.15PM	5.45-7.15PM		
	Musicals Quiz		Oriental Food Taster Session	Classical Music Quiz		
	lounge		dining room	lounge		