



September 2022

Activities Agenda



1st Thursday

Morning: Name That Tune!

Afternoon: Busy-Bee's Household Helper's

2nd Friday

Morning: Friday Files - Reading Club

Afternoon: Painting Workshop

5th Monday

Morning: Manicures & Massages

Afternoon: Back to School! (then & now)

6th Tuesday

Morning: Tuesday Tunes

Afternoon: Residents & Relatives Meeting - **2.45pm**

7th Wednesday

Morning: Stretch-ercise - Hand Therapy Putty

Afternoon: Individual Outings

8th Thursday

Morning: Nature Watch

Afternoon: Garden Time

9th Friday

Morning: Stretch & Flex Exercise & Hairdresser

Afternoon: Film Club

12th Monday

Morning: Mindful Mondays

Afternoon: Quiz Afternoon

13th Tuesday

Morning: Correspondence Cafe

Afternoon: Bingo

14th Wednesday

Morning: Stretch-ercise

Afternoon: Gardening Club - Last Days of Summer

15th Thursday

Morning: Nostalgia Tunes

Afternoon: Outing to Herne Bay Sea-front

16th Friday

Morning: The Friday Files - Reading Club

Afternoon: Puzzles & Riddles

19th Monday

Morning: Queen Elizabeth's Televised Funeral

Afternoon: Coffee & Cake Afternoon

20th Tuesday

Morning: Quiz time

Afternoon: Discussion Group - Occupations

21st Wednesday

Morning: International Peace Day

Afternoon: "Pimms & Peace" - Cocktail Afternoon

22nd Thursday

Morning: High Pines Library

Afternoon: Cosy Couch Concert

23rd Friday

Morning: Stretch & Flex Exercise & Hairdresser

Afternoon: Autumn Equinox Decorating

26th Monday

Morning: Mindful Monday
Afternoon: Manicures & Massages

27th Tuesday

Morning: Busy-Bee's Household Helpers
Afternoon: "Country Blues" Musical Entertainment -
2.30pm

28th Wednesday

Morning: Stretch-ercise
Afternoon: "Armchair Travel"

29th Thursday

Morning: Name That Tune!
Afternoon: Bingo

30th Friday

Morning: The Friday Files - Reading Group
Afternoon: Ball Games



Please note: Activities scheduled are as a suggested guide & may change depending on what the residents wish to choose, or changes in weather for outdoor activities or other unforeseen circumstances.