



# *September 2022*

## *Activities Agenda*



### **1<sup>st</sup> Thursday**

***Morning:*** Hairdresser

***Afternoon:*** Home Church - **3pm**

### **2<sup>nd</sup> Friday**

***Morning:*** Friday Files - Reading Club

***Afternoon:*** Painting Workshop

### **5<sup>th</sup> Monday**

***Morning:*** Manicures & Massages

***Afternoon:*** Back to School! (then & now)

### **6<sup>th</sup> Tuesday**

***Morning:*** Tuesday Tunes

***Afternoon:*** Residents Choice

### **7<sup>th</sup> Wednesday**

***Morning:*** Stretch-ercise

***Afternoon:*** Individual Outings

### **8<sup>th</sup> Thursday**

***Morning:*** Hairdresser

***Afternoon:*** Home Church Service with Jayne - **3pm**

### **9<sup>th</sup> Friday**

***Morning:*** The Friday Files - Poems & Verses

***Afternoon:*** Bingo

### **12<sup>th</sup> Monday**

***Morning:*** Mindful Mondays

***Afternoon:*** Quiz Afternoon

### **13<sup>th</sup> Tuesday**

*Morning:* Lyndhurst Library

*Afternoon:* “Country Blues” Duo entertain - **2.30pm**

### **14<sup>th</sup> Wednesday**

*Morning:* Stretch-ercise

*Afternoon:* Gardening Club - Last Days of Summer

### **15<sup>th</sup> Thursday**

*Morning:* Hairdresser

*Afternoon:* Outing to Herne Bay Sea-front

### **16<sup>th</sup> Friday**

*Morning:* The Friday Files - Reading Club

*Afternoon:* Sensory Workshop

### **19<sup>th</sup> Monday**

*Morning:* Queen Elizabeth’s Televised Funeral

*Afternoon:* Coffee & Cake afternoon

### **20<sup>th</sup> Tuesday**

*Morning:* Hairdresser

*Afternoon:* Discussion Group - Occupations

### **21<sup>st</sup> Wednesday**

*Morning:* Salvation Army Service - **10.45am**

*Harvest Festival Morning*

*Afternoon:* International Peace Day “Pimms & Peace” -  
Cocktail Afternoon

### **22<sup>nd</sup> Thursday**

*Morning:* Hairdresser

*Afternoon:* Home Church with Jayne - **3pm**

### **23<sup>rd</sup> Friday**

*Morning:* Autumn Equinox - Poetry Recital

*Afternoon:* Autumn Quiz & Decorating

## 26<sup>th</sup> Monday

*Morning:* Mindful Monday

*Afternoon:* Manicures & Massages

## 27<sup>th</sup> Tuesday

*Morning:* Residents Choice

*Afternoon:* Cosy Couch Concert

## 28<sup>th</sup> Wednesday

*Morning:* Stretch-ercise & Nature Watch

*Afternoon:* “Armchair Travel”

## 29<sup>th</sup> Thursday

*Morning:* Hairdresser

*Afternoon:* Home Church with Jayne - 3pm

## 30<sup>th</sup> Friday

*Morning:* MacMillan Coffee Morning Fund-raiser

*Afternoon:* Namaste Afternoon - Facials, Foot Treatments,  
& Aromatherapy



*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.*