



July 2023 Activities Agenda



3rd Monday

Morning: Tea 'n chat

Afternoon: Quiz Time!

4th Tuesday

Morning: Manicures & Massages

Afternoon: Discussion Group - with special visit from
"Coasts In Mind" Sensory box & Slide show - **2pm - 4pm**

5th Wednesday

Morning: Wednesday Walk-about

Afternoon: Jayne's Home Church - **3pm- 3pm**

6th Thursday

Morning: Hairdresser

Afternoon: Individual Local Outings

7th Friday

Morning: Funky Fridays Flex & Stretch!

Afternoon: Wimbledon Picnic Party - **2.30pm**

10th Monday

Morning: Manicures & Massages

Afternoon: PAT dog - Jeanie visits - **3pm**

11th Tuesday

Morning: Nature Watchers - Bird-watching

Afternoon: "Groovy Smoothies" - **2.30pm**

12th Wednesday

Morning: "Putty in your hands" Work-out, & Walk-about

Afternoon: Jayne's Home Church - **3pm**

13th Thursday

Morning: Hairdresser & Manicures

Afternoon: Salvation Army Service - **2.30pm**

14th Friday

Morning: Funky Fridays Flex & Stretch!

Afternoon: Bingo - **3pm**

17th Monday

Morning: Hairdresser

Afternoon: Namasté Spa :- Facials, Foot massage, Aromatherapy, Sensory Workshop - **2.45pm**

18th Tuesday

Morning: Lyndhurst Library

Afternoon: Whitstable Oyster Singers Choir - **2.30pm**

19th Wednesday

Morning: Wednesday Work-out!

Afternoon: Jayne's Home Church - **3pm**

20th Thursday

Morning: Hairdresser

Afternoon: Individual Local Outings

21st Friday

Morning: Bookmark Crafts

Afternoon: Marianne "The Accordion player" - **3pm**

24th Monday

Morning: Manicures & Massages

Afternoon: G-Fitness with Mary Allen - **2pm**

25th Tuesday

Morning: Tuesday Tunes

Afternoon: Summer Fair preparations - *Tombola ticketing!*

26th Wednesday

Morning: Wednesday Walk-about

Afternoon: Jayne's Home Church - **3pm**

27th Thursday

Morning: Hairdresser

Afternoon: Cake Baking Workshop - 2.30pm

28th Friday

Morning: Garden decorating & party preparations

Afternoon: Summer Fair, with musical entertainment by Island Uke's band, starts - 2.30pm - 5pm

If you should have any questions in regards to our Activities, please do not hesitate to ask either Fiona or Isabelle.

We hope you enjoy our Summer Fair & invite your family & friends too!



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.