



August 2023 Activities Agenda



1st Tuesday

Morning: Tea 'n chat

Afternoon: Quiz Time!

2nd Wednesday

Morning: Wednesday Walk-about

Afternoon: Jayne's Home Church - 3pm

3rd Thursday

Morning: Nature Watchers - Local Outings

Afternoon: Bingo

4th Friday

Morning: Poetry & Verse

Afternoon: Residents Choice

7th Monday

Morning: Monday Manicures

Afternoon: Namasté Spa - Aromatherapy, Facials & Massage - 3pm

8th Tuesday

Morning: Stretch-ercise!

Afternoon: Wild World Quiz

9th Wednesday

Morning: Nature Watchers - Bird-watching

Afternoon: Jayne's Home Church - 3pm

10th Thursday

Morning: Hairdresser

Afternoon: "Country Blues" band - 2.30pm

11th Friday

Morning: Funky Fridays Flex & Stretch!

Afternoon: Residents & Relatives Meeting - 2.30pm

14th Monday

Morning: Monday Manicures!

Afternoon: Visit from Cathy & Jeanie the PAT dog - 3pm

15th Tuesday

Morning: Tuesday Tunes

Afternoon: Dignity Meeting - 3pm

16th Wednesday

Morning: Lyndhurst Library

Afternoon: Jayne's Home Church - 3pm

17th Thursday

Morning: Hairdresser

Afternoon: Local Outings - 3pm

18th Friday

Morning: Friday Files - Newspaper Club

Afternoon: Bingo

21st Monday

Morning: Horoscope Club

Afternoon: Namasté Spa - Aromatherapy, Facials & Massage - 3pm

22nd Tuesday

Morning: Armchair Travel

Afternoon: Craft Circle - 3pm

23rd Wednesday

Morning: Wednesday Walk-about & Nature Watchers club!

Afternoon: Jayne's Home Church - 3pm

24th Thursday

Morning: Hairdresser

Afternoon: Mary Allen's G-Fitness - 2pm

25th Friday

Morning: It's a Dog's World!

Afternoon: National Dog's Day, visit from Monty & Jasper - 3pm

28th Monday

Morning: Swap-a-Recipe Club - Reminiscence

Afternoon: Make your own Cocktails!

29th Tuesday

Morning: Manicures & Massages

Afternoon: Outing to Canterbury Garden Centre

30th Wednesday

Morning: Tuesday Tunes

Afternoon: Jayne's Home Church - 3pm

31st Thursday

Morning: Hairdresser

Afternoon: Baking Workshop - 3pm

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 activities!



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.