



September 2023

Activities Agenda



1st Friday

Morning: Tea 'n chat

Afternoon: Quiz Ball!

4th Monday

Morning: Manicures & Massages

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

5th Tuesday

Morning: Name that Tune!

Afternoon: Famous Faces - Guess Who?

6th Wednesday

Morning: Stretch-ercise!

Afternoon: Jayne's Home Church - 3pm

7th Thursday

Morning: Word Searches & Hairdresser

Afternoon: Bingo - 3pm

8th Friday

Morning: Friday Files Reading Group

Afternoon: Bean Bag Quiz Toss

11th Monday

Morning: Manicures & Massages

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

12th Tuesday

Morning: Tuesday Tunes

Afternoon: Lavender Crafts & Pom Pom's Workshop

13th Wednesday

Morning: Stretch-ercise!

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

14th Thursday

Morning: Poetry & Hairdresser

Afternoon: Local Outings

15th Friday

Morning: Funky Fridays Flex & Stretch!

Afternoon: Geoff Dean's 60's Party - **2.30pm**

18th Monday

Morning: Mindful Mondays - Pamper Wagon

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

19th Tuesday

Morning: Lyndhurst Library

Afternoon: Darts Competition - **3pm**

20th Wednesday

Morning: Garden Spruce-up for Autumn

Afternoon: Quiz Time - **3pm**

21st Thursday

Morning: Hairdresser & Horoscope Club

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

22nd Friday

Morning: Armchair Travel

Afternoon: Outing to "The Royal" Pub - **3pm**

25th Monday

Morning: National Art In Care Homes Day!

Afternoon: Arts 'n Crafts

26th Tuesday

Morning: Hairdresser

Afternoon: Halloween Survey & Pamper wagon

27th Wednesday

Morning: Wednesday Warm-up!

Afternoon: Jayne's Home Church - 3pm

28th Thursday

Morning: Reminiscence & Hairdresser

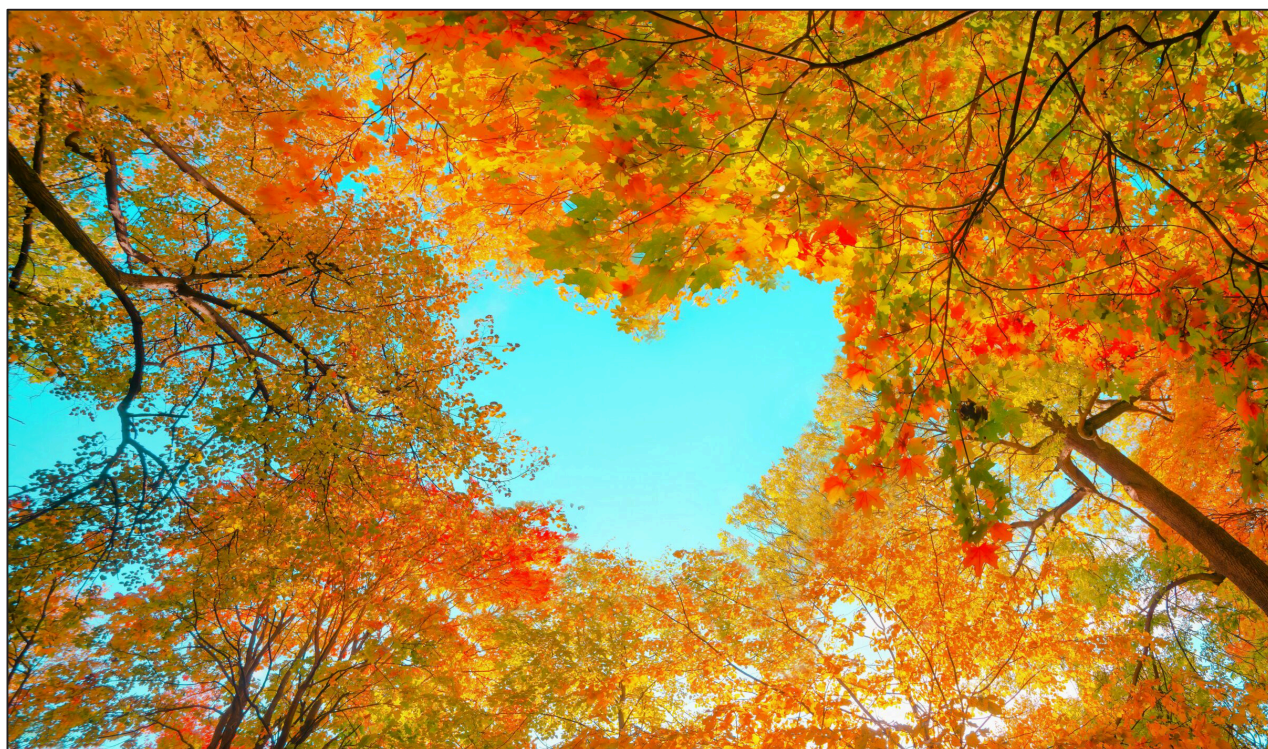
Afternoon: Salvation Army visit - Harvest Festival Service & David's 70th Birthday celebration - 2.30pm

29th Friday

Morning: Macmillan Coffee Morning Fund-raiser!

Afternoon: Bingo

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 September agenda!



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.