



# July 2024 Activities Agenda



## 1st Monday

*Morning:* Wimbledon Week!

*Afternoon:* We-Fitness - 2.30pm

## 2nd Tuesday

*Morning:* Garden time

*Afternoon:* Parachute Club

## 3rd Wednesday

*Morning:* Hand Therapy Putty

*Afternoon:* Home Church/Alphabet Quiz - 3pm

## 4th Thursday

*Morning:* Hairdresser

*Afternoon:* Wimbledon Picnic Party - 2.30pm

## 5th Friday

*Morning:* Newspaper Reading Club

*Afternoon:* Local Outing to Tankerton Slopes - 3pm

## 6th Saturday

*Morning:* Saturday Papers

*Afternoon:* England v. Switzerland - Quarter Finals - 5pm

## 8th Monday

*Morning:* Monday Manicures

*Afternoon:* "Holly" the Rabbit visits - 3pm

## 9th Tuesday

*Morning:* Tuesday Tunes

*Afternoon:* Digital Table Games - 2.30pm

## 10th Wednesday

*Morning:* Wednesday Walk-about

*Afternoon:* Namaste Spa - 2.30pm

## 11<sup>th</sup> Thursday

*Morning:* Hairdresser

*Afternoon:* “Groovy Smoothies Cafe” - 2.30pm

## 12<sup>th</sup> Friday

*Morning:* Friday Files Reading Club

*Afternoon:* “Country Blues” Entertain - 2.30pm

## 15<sup>th</sup> Monday

*Morning:* Mindful Mondays - Manicures

*Afternoon:* Salvation Army visit - 2.30pm

## 16<sup>th</sup> Tuesday

*Morning:* Name that Tune!

*Afternoon:* Namste Spa - 2.30pm

## 17<sup>th</sup> Wednesday

*Morning:* Wednesday Work-Out

*Afternoon:* Home Church - 3pm

## 18<sup>th</sup> Thursday

*Morning:* Hairdresser

*Afternoon:* Local Outings - 2.30pm

## 19<sup>th</sup> Friday

*Morning:* Friday Reading Group

*Afternoon:* Drum Circle - 2.30pm

## 22<sup>nd</sup> Monday

*Morning:* Mindful Mondays - Manicures

*Afternoon:* Cuddle Club - 2.30pm

## 23<sup>rd</sup> Tuesday

*Morning:* Stretch ‘n Flex Class

*Afternoon:* Outdoor Games - 2.30pm

## 24<sup>th</sup> Wednesday

*Morning:* Letter Writing - Correspondence Cafe

*Afternoon:* Summer Sensory Test & Quiz - 2.30pm

**25<sup>th</sup> Thursday**

**Morning:** Hairdresser

**Afternoon:** Local Outings - 2.30pm

**26<sup>h</sup> Friday**

**Morning:** Garden Care Club

**Afternoon:** Bingo - 3pm

**29<sup>th</sup> Monday**

**Morning:** Mindful Mondays - Manicures

**Afternoon:** Outing to Canterbury Garden Centre - 2.30pm

**30<sup>th</sup> Tuesday**

**Morning:** Tuesday Tunes

**Afternoon:** Outdoor Games - 2.30pm

**31<sup>st</sup> Wednesday**

**Morning:** Wishing Well!

**Afternoon:** Home Church - 3pm

*If you should have any questions about any of the listed Activities here above, or any suggestions, please do not hesitate to ask any one in our Activities Team!*



*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.*