



# August 2024 Activities Agenda



## 1st Thursday

*Morning:* Coffee morning  
*Afternoon:* Individual Outings

## 2nd Friday

*Morning:* Hairdresser  
*Afternoon:* High Pines Summer Olympic Games - 3pm

## 5th Monday

*Morning:* Mindful Mondays - Manicures to music  
*Afternoon:* Golf Club

## 6th Tuesday

*Morning:* Armchair Exercises  
*Afternoon:* Prize Bingo

## 7th Wednesday

*Morning:* Garden Makeover  
*Afternoon:* Higher or Lower Card Games

## 8th Thursday

*Morning:* Thirsty Thursdays Juice Bar  
*Afternoon:* Individual Outings

## 9th Friday

*Morning:* Bakers Club  
*Afternoon:* "Green Fingers" Gardening

## 12th Monday

*Morning:* Namaste Sensory Spa - Facials  
*Afternoon:* Decorate for Tomorrow's Summer Fair!

## 13th Tuesday

*Morning:* Bring out the Bunting - party prep!  
*Afternoon:* High Pines Summer Fair, with Musical Entertainment by Geoff Dean, Grand Raffle, Tombola, Games & Buffet. **Starts 2.30pm - 5pm**

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

*Morning:* Hoopla!

*Afternoon:* Flower Arranging

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

*Morning:* Residents Choice

*Afternoon:* Individual Outings

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

*Morning:* Air Hockey

*Afternoon:* Sing-along to Alexa

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

*Morning:* Movie Morning

*Afternoon:* Colossal Connect Four!

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

*Morning:* Mary Allen G-Fitness - **10.30 am**

*Afternoon:* Bean Bag Toss

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

*Morning:* Parachute Club

*Afternoon:* Hook-a-Duck

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

*Morning:* High Pines Library

*Afternoon:* Garden Care - weed & water

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

*Morning:* Friday Files - Newspaper Club

*Afternoon:* Plant Pot Painting!

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

*Morning:* National Dog Day

*Afternoon:* Visit from the PAT Dog's - **2.30pm**

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

*Morning:* Pamper Wagon

*Afternoon:* Tuesday Tunes

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

*Morning:* Crosswords & Puzzles

*Afternoon:* Quiz Time

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

*Morning:* Residents Choice

*Afternoon:* Musical Entertainment with Jade! - 2.30pm

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

*Morning:* Hairdresser

*Afternoon:* Garden Care Club

*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.*