



# September 2024 Activities Agenda



## 2nd Monday

*Morning:* Mindful Mondays Music  
*Afternoon:* Monty & Jasper visit - 2.30pm

## 3rd Tuesday

*Morning:* Horoscope Club  
*Afternoon:* We-Fitness - 2.30pm

## 4th Wednesday

*Morning:* Hand Putty Exercise Workshop  
*Afternoon:* Quiz Time

## 5th Thursday

*Morning:* Hairdresser  
*Afternoon:* "Reminiscence" Band - 2.30pm

## 6th Friday

*Morning:* Friday Files - Newspaper Club  
*Afternoon:* Local Outings and Skittles

## 9th Monday

*Morning:* Mindful Mondays & Manicures  
*Afternoon:* Digital Interactive Table

## 10th Tuesday

*Morning:* Tuesday Tunes  
*Afternoon:* Volleyball - 2.30pm

## 11th Wednesday

*Morning:* Home Church - 10.45am  
*Afternoon:* Bingo - 2.30pm

## 12th Thursday

*Morning:* Hairdresser  
*Afternoon:* Individual Local Outings

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

*Morning:* Let's Decorate!

*Afternoon:* End of Summer 60's Party, with Geoff Dean entertaining - **2.30pm Dress Up in Costume!**

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

*Morning:* Mindful Mondays - Manicures

*Afternoon:* Namaste Spa - **2.30pm**

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

*Morning:* Tuesday Tunes

*Afternoon:* Handi-Crafts - **2.30pm**

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

*Morning:* Armchair Travel

*Afternoon:* Garden Care Club

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

*Morning:* Hairdresser

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

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

*Morning:* Lyndhurst Library

*Afternoon:* Drum Circle - **2.30pm**

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

**International Day of Peace**

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

*Morning:* Mindful Mondays - Manicures

*Afternoon:* Halloween Survey & Reminiscence

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

*Morning:* National Art In Care Homes Day

*Afternoon:* Modelling Clay Art Class- **2.30pm**

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

*Morning:* Wednesday Walk-About

*Afternoon:* Parachute Club - **2.30pm**

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

*Morning:* Hairdresser

*Afternoon:* Local Individual Outings - **2.30pm**

## 27<sup>th</sup> Friday

*Morning:* MacMillan Coffee Morning Fund-raiser

*Afternoon:* Bingo - 2.30pm

## 30<sup>th</sup> Monday

*Morning:* Crosswords & Puzzles

*Afternoon:* Autumn Sensory Quiz - 2.30pm

*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.*