



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>HAPPY NEW YEAR</b> 1	2
					<b>1445</b> Comfort & Joy show or The Bel canto Sopranos showing on TV	<b>1145</b> Exercise with resistance bands with Sarra <b>1445</b> St James Church Sunday gathering and sermon via YouTube showing on TV in the dining room
3	4	5	6	7	8	9
<b>1030</b> Zoom meeting with Jordan's meeting house <b>1200</b> Quaker meeting in the quiet room <b>1430</b> Film Afternoon, DVD or Netflix	<b>1030</b> Person centered room visits, activities with Jess  <b>1430</b> Skittles, Quoits & Ball Games with Jess in the lounge	<b>1030</b> Person centered room visits, activities with Maria  <b>1130</b> Gentle Stretches with Ann Marie	<b>1030</b> Person centered room visits with Maria <b>1130</b> Thula our PAT dog visiting  <b>1430</b> Knit and natter with the care staff	<b>1130</b> Book Club, continuing with 'Marley & Me' <b>1430</b> Bingo in the lounge. Prizes to be one. A selection of musical, animal, and prize bingo to be played	<b>1130</b> Sensory session in the quiet room <b>1430</b> Celebrating Elvis Presley's birthday. Historical facts sing along and film. Tastings of coca cola, peanut butter, banana sandwiches all Elvis's favourite	<b>1145</b> Exercise with resistance bands with Sarra <b>1445</b> St James Church Sunday gathering and sermon via YouTube showing on TV in the dining room
10	11	12	13	14	15	16
<b>1030</b> Zoom meeting with Jordan's meeting house <b>1200</b> Quaker meeting in quiet room <b>1430</b> Film Afternoon, DVD or Netflix	One to One room visits with Jess <b>1130</b> Poetry with Erica in the lounge <b>1430</b> Dominoes, Snakes & Ladders in the lounge	<b>1030</b> One to ones with Ann Marie <b>1130</b> Gentle stretches with Ann Marie in the lounge <b>1430</b> Sensory session in the quiet room	<b>1130</b> Thula our PAT dog visiting  <b>1430</b> Visit by Anne Park, taking place in the pod	<b>1130</b> Book Club, continuing with 'Marley & Me' <b>1430</b> Relaxing art session in the dining room with a selection of classical music	<b>1130</b> A game of matching pairs, taking place in the dining room  <b>1430</b> Reminiscence session in the dining room	<b>1145</b> Exercise to Music with Sarra <b>1445</b> St James Church Sunday gathering and sermon via YouTube showing on TV in the dining room
17	18	19	20	21	22	23
<b>1030</b> Zoom meeting with Jordan's meeting house <b>1200</b> Quaker meeting in quiet room <b>1430</b> Film Afternoon, DVD or Netflix	One to one room visits with Jess <b>1130</b> Poetry with Erica in the lounge <b>1430</b> Music quiz & sing along in the lounge with Ann Marie/Jess	<b>1130</b> Gentle stretches to music with Ann Marie <b>1430</b> International Flower Day. Flower arranging and learning the meanings behind the names of the flowers	<b>1130</b> Thula our PAT dog visiting  <b>1430</b> Continuing with our art session in the dining room	<b>1130</b> A selection of music played in both the lounge and dining room <b>1430</b> 'This week in History' a look at our reminiscence magazine with the care staff	<b>1130</b> Balloon and Ball games using the parachute, with Ann Marie <b>1430</b> Celebrating the birthday of Mozart – history, music, and film 'The Marriage of Figaro'	<b>1145</b> Exercise to Music with Sarra <b>1445</b> St James Church Sunday gathering and sermon via YouTube showing on TV in the dining room
24	25	26	27	28	29	30
<b>1030</b> Zoom meeting with Jordan's meeting house <b>1200</b> Quaker meeting in quiet room <b>1430</b> Film afternoon, DVD or Netflix	One to one room visits with Jess. <b>1130</b> Poetry with Erica, celebrating Robert Burns <b>1430</b> Singalong with song sheets in the lounge with Ann Marie and Jess	<b>1130</b> Gentle stretches with Ann Marie <b>1430</b> Armchair travel to France. Learn a few phrases, discuss the culture. Tasting a glass of French wine, croissants, and cheese.	<b>1130</b> Thula our PAT dog visiting  <b>1430</b> Guess the famous landmark and famous person, taking place in the lounge	<b>1030</b> Room visits with Ann Marie <b>1130</b> Book Club continuing with 'Marley & Me' <b>1430</b> Crosswords in the Lounge	<b>1130</b> Manicures and hand massage with the care staff  <b>1430</b> Knit and Natter with the care staff	<b>1145</b> Exercise with Sarra using the resistance bands <b>1445</b> St James Church Sunday gathering and sermon via YouTube showing on TV in the dining room
31						
<b>1030</b> Zoom meeting with Jordan's meeting house <b>1200</b> Quaker meeting in quiet room <b>1430</b> Film afternoon, DVD or Netflix						

## Special days
