







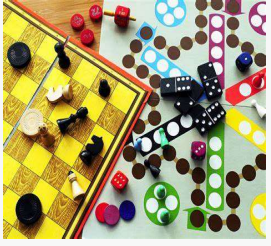





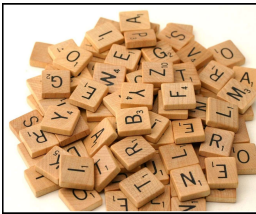
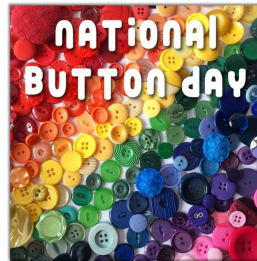


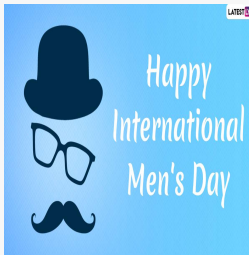













Activity Rota - November 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 Karaoke 	2 Board Games in Lounge 	3 Board Games In Lounge 
4 Penny for the Guy 	5 Bonfire Night Duck Apple 	6 Nacho Day 	7 Coffee Morning 	8 Darts + Pub sing-a-long 	9 Board Games in Lounge 	10 Forget Me Not Day. Poppy Making 
11	12	13	14	15	16	17

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Remembrance Day 	Chicken Soup for Soup Day 	World Kindness Day 	Claude Monet's Birthday 	Letter Scramble Day 	Button Day 	Homemade Bread Day 
18	19	20	21	22	23	24
Quiz Afternoon 	International Mens Day 	Chocolate Tasting 	World Hello Day 	Cheese + Wine 	Espresso Day 	Rice Krispie Cakes 
25	26	27	28	29	30	
Golf Putt Putt 	Jigsaw Puzzle Day 	Singer 2pm-3pm 	Pamper Day 	Walk + Talk 	Board Games in Lounge 	

Activities are weather permitting.
Chair-based exercises also take place every morning on each floor.