























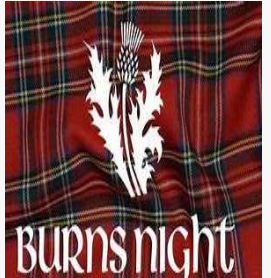


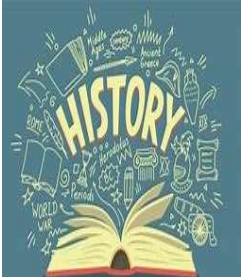





Activity Rota - January 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 New Years Day 	2 Craft Day 	3 Rock Painting Day 	4 Pub Sing-a-long 	5 Darts Tournament 
6 Scrabble Tournament 	7 Quiz Day 	8 Elvis Presley's Birthday 	9 Rice Krispie Cake Making 	10 Bingo 	11 Board Games In Lounge 	12 Board Games In Lounge 
13 Coffee Morning 	14 Jigsaw Puzzle Day 	15 Walk + Talk 	16 Gentlemen's Pamper Day 	17 Karaoke 	18 Movie Afternoon 	19 Board Games in Lounge 

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>20</p> <p>Cheese + Wine Day</p> 	<p>21</p> <p>Knit + Knatter</p> 	<p>22</p> <p>Bowling Tournament</p> 	<p>23</p> <p>Read a Book Day</p> 	<p>24</p> <p>Ladies Pamper Day</p> 	<p>25</p> <p>Burns Night</p> 	<p>26</p> <p>Board Games in Lounge</p> 
<p>27</p> <p>Chinese New Year Crafts</p> 	<p>28</p> <p>Think you know it all? History</p> 	<p>29</p> <p>Chinese New Year</p> 	<p>30</p> <p>Senior Moment Activity Challenge</p> 	<p>31</p> <p>Shell Decorating</p> 		

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