

June 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
* - help needed from volunteers					1	2
					2.30 programme individual time	6pm Village band concert **
3	4	5	6	7	8	9
11.30 gentle exercise Volunteers' Lunch 2.30 Coffee & cake walk ** 3.30 knitting circle	11.00 Nursery visit 2.30 Afternoon tea and newspaper chat	11.00 Card making 3.30 Communion 7pm Bingo & a tipple	11.30 Quiz 2.00 Hand massage in the lounge	2.30 Drawing with school children 3.30 Brora the dog visits	2.30 afternoon tea in the garden	
10	11	12	13	14	15	16
11.30 Gentle exercise 2.30 Coffee & cake walk ** 3.30 Knitting circle	11.00 Alphabet twister 2.00 St Michaels school band	11.00 individual time 12.00 Pub lunch 7pm Quiz night with a tipple	11.30 Countdown 2.30 Games 6.30 Relatives' and Residents' Meeting	11.00 Gardening 3.00 Music with Gillian	2.30 Afternoon tea with Guest speaker & her sheepdog	
17	18	19	20	21	22	23
11.00 Gentle Exercise 12.00 Residents' Forum 2.30 Games 3.30 Knitting circle	11.00 Baking cheese scones 2.30 Sketching & painting	12.00 Nursery visit for lunch & singing 3.30 Communion 7pm Quiz night with a tipple	10.00 Visit to Racing stables**	11.00 Music and movement 2.00 Craft with school children	2.30 afternoon tea in the garden	
24	25	26	27	28	29	30
11.30 gentle exercise 2.30 Coffee shop walk ** 3.30 Knitting circle	11.00 Work life reminiscing 2.30 Games	2.30 Armchair Hockey	11.30 Quiz 2.30 Scrabble	2.30 Favourite poems	4.30 – 6.30 Summer Party!	