

# July 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
11.30 Gentle exercise 2.00 Afternoon tea at St. Michaels school**	11.00 Bake muffins for afternoon tea 2.30 Tea with newspaper chat	11.00 Pottery  3.30 Communion  7pm Quiz	11.30 General knowledge crossword 2.00 David Moss Musician	11.00 Games 2.00 School children visit 3.15 Painting pottery		6pm Pond concert **
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
11.30 Gentle exercise  2.30 Nail Pamper 3.30 Knitting circle	11.00 Nursery visit  2.30 Arts & crafts	11.00 Individual time 12.00 Pub lunch ** 7pm Bingo with a tipple	11.30 Quiz  2.30 Sketching and painting	11.00 Alphabet twister 2.00 Music with Gillian		2.30 Afternoon tea with board games
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
11.30 Gentle exercise  2.30 Games 3.30 Knitting circle	11.00 Baking  2.30 Village walks **	11.00 Nursery visit  3.30 Communion 7pm Quiz night with a tipple	11.30 Countdown  2.15 Chris Evans singer	11.00 Exercise  2.30 Virtual Australia Tour	2.30 Afternoon tea with talk	
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
11.30 Gentle exercise 12.15 Forum 2.30 Coffee & cake walk ** 3.30 Knitting circle	11.00 Individual time  2.30 Games in the lounge	11.00 Craft session  7pm Bingo with a tipple	11.30 Quiz 2.30 Massage in the lounge with Amanda	11.00 Coffee & newspaper chat 2.30 Favourite poems	2.30 Seaside activities	
<b>29</b>	<b>30</b>	<b>31</b>	** = help needed from volunteers			
11.00 Gentle exercise 12.15 Forum 2.30 Individual time 3.30 Knitting circle	11.00 Craft workshop 2.30 Tea and newspaper chat	11.00 Baking for the picnic 3.30 Communion				