

September 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30						1
11.30 Gentle exercise 2.30 Arts & crafts	** Volunteers needed					3pm Carnival Royal family for afternoon tea
2	3	4	5	6	7	8
11.30 Gentle exercise 2.30 Carnival preparation	11.00 Baking 2.30 Carnival seniors tea party in memorial hall **	11.00 Carnival preparation 7.00 Bingo with a tipple	11.30 Quiz 2.30 Carnival preparation	11.00 Gentle exercise 2.30 Carnvial preparation	5:30 Carnival Day ** Buffet & drinks outside for procession	6pm Aldbourne Band concert by the pond**
9	10	11	12	13	14	15
11.30 Gentle exercise 2.30 Arts & crafts	11.00 Nursery school visit 2.30 Games	11.00 Individual time 12.00 Pub lunch ** 3.30 Communion 7.00 Quiz night	11.30 Countdown 2.30 Singing	11.00 Gentle exercise 2.00 Massage in the lounge	2.30 Garston gallopers for afternoon tea	
16	17	18	19	20	21	22
11.30 Gentle exercise 12.15 Forum 2.30 Village walks **	11.00 Baking 2.30 Art with Helen Scholes	11.00 Individual time 3.30 Communion 7.00 Race night	11.30 Quiz 2.30 Board games	11.00 Gentle exercise 2pm Music with Gillian	2.30 Afternoon tea Quiz	
23	24	25	26	27	28	29
11.30 Gentle exercise 2.30 Chocolate reminiscing	11.00 Crosswords 2.30 Games	11.00 Nursery school visit 7.00 Bingo night with a tipple	11.30 Quiz 2.00 Massage in rooms 2.30 Poetry	11.00 Gentle exercise 2.30 News review		2.30 Games