

May-2026 ASHTON MANOR ACTIVITIES PLANNER							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1	2
AM						Daily Sparkle	Daily Sparkle
						Armchair Exercises	Armchair Exercises
PM						Arts and Crafts	Scrapbooking
						May Day Celebrations	Balloon Tennis
	3	4	5	6	7	8	9
AM	Church Service	Daily Sparkle	Daily Sparkle	Daily Sparkle	Daily Sparkle	Daily Sparkle	Daily Sparkle
	Songs of Praise	Armchair Exercises	Armchair Exercises	Armchair Exercises	Armchair Exercises	Armchair Exercises	Armchair Exercises
PM	Sing Along	Ball games	Balloon Tennis	Arts and Crafts	Seated yoga	crosswords	13:30 Hairdresser
	Documentary	Quiz with Chris	Flower Arrangement	Manicures	Alphabet association	Movie	Manicures
	10	11	12	13	14	15	16
AM	Church Service	Daily Sparkle	Daily Sparkle	Daily Sparkle	Daily Sparkle	Daily Sparkle	Daily Sparkle
	Songs of Praise	Armchair Exercises	Armchair Exercises	Armchair Exercises	Armchair Exercises	Armchair Exercises	Armchair Exercises
PM	Bingo	Guess the sound	Flower Arrangement	Arts and Crafts	Musical	13:45 Music with Kevin	Bingo
		Container Painting	Manicures /Hand Massage	14:30 Afternoon Tea	Quiz with Chris	Documentary	General knowledge
	Ispy	Scrapbooking					
	17	18	19	20	21	22	23
AM	Church Service	Daily Sparkle	Daily Sparkle	Daily Sparkle	Daily Sparkle	Daily Sparkle	Daily Sparkle
	Songs of Praise	Armchair Exercises	Armchair Exercises	Armchair Exercises	Armchair Exercises	Armchair Exercises	Armchair Exercises
PM	Balloon Tennis	Arts and Crafts	Flower Arrangement	13:30 Hairdresser	Documentary	Pony pals	General knowledge
	Sing Along		14:30 Afternoon Tea	Manicures	Alice Holt	Cheese & Wine Tasting	Guess the sound
	General conversation	Riddles					
	24	25	26	27	28	29	30
AM	Church Service	Daily Sparkle	Daily Sparkle	Daily Sparkle	Daily Sparkle	Daily Sparkle	Daily Sparkle
	Songs of Praise	Armchair Exercises	Armchair Exercises	Armchair Exercises	Armchair Exercises	Armchair Exercises	Armchair Exercises
PM	Ball games	14:30 Afternoon Tea	Flower Arrangement	Balloon Tennis	Arts and Crafts	Hand Massage	karaoke
	Decorating Cupcakes	Crazy socks Day	ABBA Afternoon	Alphabet association	Riddles	Manicures	Documentary
	31						
AM	Church Service						
	Songs of Praise						
PM	14:30 Afternoon Tea						
	Quiz with Chris						