





Oct-25			ASHTON MANOR ACTIVITIES PLANNER				
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3	4
AM				Daily Sparkle	Daily Sparkle	Daily Sparkle	Daily Sparkle
PM				Armchair Exercises	Armchair Exercises	Armchair Exercises	Armchair Exercises
				Manicures and Hand Massage	Quiz	Bingo	Arts and Crafts
	5	6	7	8	9	10	11
AM	Daily Sparkle	Daily Sparkle	Daily Sparkle	Daily Sparkle	Daily Sparkle	Daily Sparkle	Daily Sparkle
	Armchair Exercises	Armchair Exercises	Armchair Exercises	Armchair Exercises	Armchair Exercises	Armchair Exercises	Armchair Exercises
PM	Church Service / Songs of Praise	Balloon Tennis	14:30 Afternoon Tea w/Quiz	13:30 Hairdressing & Namaste Care	Word Association	Quiz with Chris	Word Challenge
		Skittles				Documentary	
	12	13	14	15	16	17	18
AM	Daily Sparkle	Daily Sparkle	Daily Sparkle	Daily Sparkle	Daily Sparkle	Daily Sparkle	Daily Sparkle
	Armchair Exercises	Armchair Exercises	Armchair Exercises	Armchair Exercises	Armchair Exercises	Armchair Exercises	Armchair Exercises
PM	Church Service / Songs of Praise	Container Painting	Movie	Manicures and Hand Massage	Quiz	14:30 Browells Pet Therapy	Arts and Crafts
	19	20	21	22	23	24	25
AM	Daily Sparkle	Daily Sparkle	Daily Sparkle	Daily Sparkle	Daily Sparkle	Daily Sparkle	Daily Sparkle
	Armchair Exercises	Armchair Exercises	Armchair Exercises	Armchair Exercises	Armchair Exercises	Armchair Exercises	Armchair Exercises
PM	Church Service / Songs of Praise	Balloon Tennis	14:30 Afternoon Tea w/Quiz	13:30 Hairdressing & Namaste Care	Word Association	14:30 Music w/ Dusty Tracks	Word Challenge
		Skittles					
	26	27	28	29	30	31	
AM	Daily Sparkle	Daily Sparkle	Daily Sparkle	Daily Sparkle	Daily Sparkle	Daily Sparkle	
	Armchair Exercises	Armchair Exercises	Armchair Exercises	Armchair Exercises	Armchair Exercises	Armchair Exercises	
PM	Church Service / Songs of Praise	Container Painting	Movie	Outing: Garden Centre	Quiz with Chris	Halloween	
					Documentary		