



Jul-25 ASHTON MANOR ACTIVITIES PLANNER							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4	5
AM			Daily Sparkle	Daily Sparkle	Daily Sparkle	Daily Sparkle	Daily Sparkle
			Armchair Exercises	Armchair Exercises	Armchair Exercises	Armchair Exercises	Armchair Exercises
PM			14:30 Flower Arranging	Manicures Namaste Care	Balloon Tennis and Book Club	Pub Afternoon w/Quiz	Word Games
	6	7	8	9	10	11	12
AM	Church Service / Songs of Praise	Daily Sparkle	Daily Sparkle	Seaside Trip	Daily Sparkle	Daily Sparkle	Daily Sparkle
		Armchair Exercises	Armchair Exercises		Armchair Exercises	Armchair Exercises	Armchair Exercises
PM	Daily Sparkle and Arts & Crafts	Chocolate Tasting for National Chocolate Day	14:30 Flower Arranging		Manicures Book Club	Bingo and Hand Massage	Wimbledon with Strawberries and Cream
	13	14	15	16	17	18	19
AM	Wrecclisham Village Fete	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		Balloon Tennis and Book Club	14:30 Flower Arranging	13:30 Hairdressing & Namaste Care	Service and Hymns with Rev. Jacqueline	13:45 Music with Kevin	Word Games
	20	21	22	23	24	25	26
AM	Church Service / Songs of Praise	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	Ice Cream Trolley for National Ice Cream Day	14:30 Music w/ Dusty Tracks	Sing along with Rosemary	14:00 Outing	14:30 Resident Meeting w/ Afternoon Tea	Bingo and Hand Massage	Word Games
	27	28	29	30	31		
AM	Church Service / Songs of Praise	Daily Sparkle	Daily Sparkle	Daily Sparkle	Daily Sparkle		
		Armchair Exercises	Armchair Exercises	Armchair Exercises	Armchair Exercises		
PM	Daily Sparkle and Arts & Crafts	Balloon Tennis and Book Club	14:30 Flower Arranging	13:30 Hairdressing & Namaste Care	Crossword Afternoon with Chris		