September-2026	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			Balloon Tennis	Ball games	Alphabet association	Sing Along	Bingo
			Hand Massage	crosswords	Guess the sound	Documentary	Quiz
	6	7	8	9	10	11	12
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
	crosswords	Bingo	Flower Arrangement	Manicures	Ball games	Riddles	Decorating Cupcakes
	Ball games	Documentary	Quiz with Chris	13:30 Hairdresser	14:30 Afternoon Tea	Arts and Crafts	Movie
	13	14	15	16	17	18	19
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	Ball games	Balloon Tennis	crosswords	General conversation	General knowledge	Gardening
	Sing Along	Quiz with Chris	Giant Snakes & Ladders	Garden Centre	Hymn Singing with Josh	Ball games	Arts and Crafts
	Guess the sound						
	20	21	22	23	24	25	26
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	Alphabet association	Flower Arrangement	Manicures	Balloon Tennis	14:30 Afternoon Tea	Riddles
	Movie	Cheese & Wine Tasting	Quiz with Chris	13:30 Hairdresser	Quiz with Chris	Dusty Tracks	Bingo w/Prizes
	27	28	29	30			
AM	Church Service	Daily Sparkle	Daily Sparkle	Daily Sparkle			
	Songs of Praise	Armchair Exercises	Armchair Exercises	Armchair Exercises			
PM	Ball games	Ice Cream Trolley	Balloon Tennis	Pet Therapy			
	Gardening	Quiz with Chris	ABBA Afternoon	Animal Quiz			