



# FEBRUARY



| Monday   | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday   | Sunday   |
|--|--|--|--|--|--|--|
|  |  |  |  |  | <b>1</b><br>10:00 Dignity Action Day<br>14:00 Independent living task            | <b>2</b><br>11:00 India v England T20 cricket<br>14:00 Movie afternoon |
| <b>3</b><br>10:30 Activities with Donna<br>14:00 Crosswords  | <b>4</b><br>10:30 Laugh with Norman Wisdom<br>14:00 Armchair exercises with Kirsty | <b>5</b><br>11:00 Music and movement<br>14: 00 Words on the board  | <b>6</b><br>11:00 Holly Communion<br>14:00 Quiz and Trivia                 | <b>7</b><br>10:30 Art & Craft Valentine's cards<br>13:30 Hairdresser     | <b>8</b><br>10:00 Ball games<br>14:00 Independent living task                    | <b>9</b><br>11:00 Hand and Nail Spa<br>14:00 Movie afternoon           |
| <b>10</b><br>10:30 Activities with Donna<br>14:00 Reading    | <b>11</b><br>11:00 Seniorcise with noodles<br>14:00 Quiz and Trivia                | <b>12</b><br>10:40 Music with Kevin<br>14: 00 Board games          | <b>13</b><br>11:00 Cooking Club Valentine's Heart<br>14:00 Quiz and Trivia | <b>14</b><br>11:00 Music with Ava - Valentine's Day<br>13:30 Hairdresser | <b>15</b><br>11:00 Ball games<br>14:00 Independent living task                   | <b>16</b><br>11:00 Documentary film<br>14:00 Movie afternoon           |
| <b>17</b><br>10:30 Activities with Donna<br>14:00 Colouring  | <b>18</b><br>11:00 Foot Care with Ian<br>14:00 Armchair exercises with Kirsty      | <b>19</b><br>11:00 Music and movement<br>14: 00 Words on the board | <b>20</b><br>11:00 Floor games<br>14:00 Quiz and Trivia                    | <b>21</b><br>10:30 Art & Craft Valentine's cards<br>13:30 Hairdresser    | <b>22</b><br>Six Nations Rugby rd 3 (to 23 Feb)<br>14:00 Independent living task | <b>23</b><br>11:00 Hand and Nail Spa<br>14:00 Movie afternoon          |
| <b>24</b><br>10:30 Activities with Donna<br>14:00 Wordsearch | <b>25</b><br>11:00 Seniorcise with noodles<br>14:00 Reminiscing                    | <b>26</b><br>10:40 Music with Kevin<br>14: 00 Board games          | <b>27</b><br>11:00 Cooking Club-tasting<br>14:00 Quiz and Trivia           | <b>28</b><br>10:30 Art & Craft Rio de Janeiro<br>13:30 Hairdresser       | <b>*</b><br>Tuesday's - Physio with Fiona  | <b>*</b><br>This may be subject to change                              |