

****Volunteers needed**

July 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
	10.30 Hand & nail pamper 2.30 Bertie the dog 2.30 Fresh air & conversation **	10.30 Words in a word 11.30 Let's get moving 2.00 Reading club 3.00 Church service	10.30 Dominoes 11.30 Quiz 2.30 Afternoon tea on the patio **	10.30 Jigsaws 11.30 Gentle exercise 2.30 Movie afternoon	2.30 Tuck shop	
7	8	9	10	11	12	13
10.30 Dominoes 11.30 Ball exercise 2.30 Words in a word	10.30 Jigsaws 11.30 Word search 2.30 Arts & crafts **	10.30 Alphabet challenge 11.30 Let's get moving 2.30 Creative arts	10.30 Dominoes 11.30 Quiz 2.30 Interactive games **	10.30 Baking club 11.30 Gentle exercise 2.30 Hand & nail pamper	2.30 Interactive games **	
14	15	16	17	18	19	20
10.30 Uno 11.30 Ball exercise 2.30 Flower arranging **	10.30 Hand & nail pamper 2.30 Bertie the dog 2.30 Interactive games	10.30 Boggle 11.30 Let's get moving 2.00 Reading club 3.00 Church service	10.30 Dominoes 2.30 Singing with Alison	10.30 Baking club 11.30 Gentle exercise 2.30 Flower crafts **	2.30 Bingo **	
21	22	23	24	25	26	27
10.30 Dominoes 11.30 Ball exercise 2.30 Arts & crafts **	10.30 Uno 11.30 Boggle 2.30 Bertie the dog 2.30 Reminiscing	10.30 Jigsaws 11.30 Let's get moving 2.30 Nature sketching **	10.30 Dominoes 11.30 Quiz 3.00 Paper quilling **	10.30 Baking club 11.30 Gentle exercise RESIDENTS FORUM 2.30 Hand & nail pamper	2.30 Ice cream sundae making **	
28	29	30	31			
10.30 Colour & conversation 11.30 Ball exercise 2.30 Poetry with Deb	10.30 Hand & nail pamper 2.30 Bertie the dog 2.30 Interactive games **	10.30 Word games 11.30 Let's get moving 2.00 Fresh air and conversation 3.00 Church service	10.30 Dominoes 11.30 Quiz 2.30 Art with Gill **			