

Volunteers needed **

January 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
			10.30 Dominoes 11.30 New Years Quiz 2.30 Movie afternoon	10.30 Uno 11.30 Seated exercise 2.30 Creative arts	2.30 Decorations down	
5	6	7	8	9	10	11
10.30 Dominoes 11.30 Ball exercise 2.30 Flower arranging	10.30 Hand & nail pamper 2.30 Arts & crafts Bertie the dog	10.30 Words in a word 2.30 Tea & conversation 3.30 Church service	10.30 Dominoes 11.30 Quiz 2.30 Sentimental Journeys theatre show	10.30 Uno 11.30 Seated exercise 2.30 Snowball games	2.30 Interactive games	
12	13	14	15	16	17	18
10.30 Dominoes 11.30 Ball exercise 2.30 Jigsaws	10.30 Uno 11.30 Word games 2.30 Interactive games Bertie the dog	10.30 Baking club 2.30 Brian & Seraphina entertain us	10.30 Dominoes 11.30 Quiz 2.30 Boggle	10.30 Uno 11.30 Seated exercise 2.00 School children 3.00 Reminiscing	2.30 Board games	
19	20	21	22	23	24	25
10.30 Dominoes 11.30 Ball exercise 2.30 Arts & craft	10.30 Hand & nail pamper 2.30 ANH Cafe Bertie the dog	11.00 Dinky pony visit 2.30 Word games 3.30 Church service	10.30 Dominoes 11.30 Quiz 2.30 Creative arts	10.30 Uno 11.30 Seated exercise 2.00 School children 3.00 Sing a long	2.30 Robert Burns tasting afternoon	
26	27	28	29	30	31	
10.30 Dominoes 11.30 Ball exercise 2.30 Card making	10.30 Uno 11.30 Word searches 2.30 TV afternoon Bertie the dog	10.30 Baking club 2.30 Cheese & beer afternoon	10.30 Dominoes 11.30 Quiz 2.30 Art with Gill	10.30 Uno 11.30 Seated exercise RESIDENTS FORUM 2.00 School children 3.00 Tea & conversation	2.30 Chocolate bingo	