


Volunteers appreciated **

May 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
				10.30 Uno 11.30 Seated exercise 2.00 Puzzles	2.30 Interactive games	
4	5	6	7	8	9	10
10.30 Dominoes 11.30 Ball exercise 2.30 Knit & natter	10.30 Hand & nail pamper 2.30 Arts & crafts **	10.30 African World Heritage Day 3.30 Church service	10.30 Dominoes 11.30 Quiz 2.30 Armchair travel round the globe	10.30 Uno 11.30 Seated exercise 2.00 Interactive games	2.30 Word games	
11	12	13	14	15	16	17
10.30 Uno 11.30 Ball exercise 2.30 ANH Cafe **	11.00 Dinky pony visit 2.30 Arts & crafts **	10.30 Puzzles 11.30 Boggle 2.30 Singing for therapy	10.30 Dominoes 11.30 Quiz LADIES PUB LUNCH 2.30 Garden walks **	10.30 Uno 11.30 Seated exercise 2.00 Interactive games	2.30 Afternoon tea on the patio **	
18	19	20	21	22	23	24
10.30 Dominoes 11.30 Ball exercise 2.30 Poetry with Deb	10.30 Hand & nail pamper 2.30 Knit & natter **	10.30 Words in a word 3.30 Church service	10.30 Dominoes 11.30 Quiz 2.30 Beer & nibbles tasting	10.30 Uno 11.30 Seated exercise 2.00 Interactive games	2.30 Tuck shop	
25	26	27	28	29	30	31
10.30 Uno 11.30 Ball exercise 2.30 Singing Keeper	10.30 Dominoes 11.30 Boggle 2.30 Stitch and chat	10.30 Creative crafts 2.30 Interactive games	10.30 Dominoes 11.30 Quiz 2.30 Poetry recitals	10.30 Uno 11.30 Seated exercise RESIDENTS FORUM 2.30 Garston Gallopers Morris dancers	2.30 Board games	