

# September 2026

\*\* Volunteers needed

| Monday                                                   | Tuesday                                                                 | Wednesday                                                   | Thursday                                                                  | Friday                                                                 | Saturday                                                                              | Sunday |
|----------------------------------------------------------|-------------------------------------------------------------------------|-------------------------------------------------------------|---------------------------------------------------------------------------|------------------------------------------------------------------------|---------------------------------------------------------------------------------------|--------|
|                                                          | 1                                                                       | 2                                                           | 3                                                                         | 4                                                                      | 5                                                                                     | 6      |
|                                                          | 10.30 Hand & nail<br>pamper<br><br>2.30 Carnival crafts                 | 10.30 Carnival<br>crafts **<br><br>3.30 Church<br>service   | 10.30 Dominoes<br>11.30 Quiz<br>PUB LUNCH **<br>2.30 Movie<br>afternoon   | 10.30 Uno<br>11.30 Gentle<br>exercise<br>2.00 Board games              | 6.15 Carnival<br>procession                                                           |        |
| 7                                                        | 8                                                                       | 9                                                           | 10                                                                        | 11                                                                     | 12                                                                                    | 13     |
| 11.30 Ball exercise<br><br>2.30 Singing for<br>therapy   | 10.30 Uno<br>11.30 Play your<br>cards right<br>2.30 Knit &<br>natter ** | 10.30 Word in a<br>word<br><br>2.30 Chocolate<br>tasting    | 9.30 BARGE TRIP                                                           | 10.30 Dominoes<br>11.30 Seated<br>exercise<br>2.00 Board games         |                                                                                       |        |
| 14                                                       | 15                                                                      | 16                                                          | 17                                                                        | 18                                                                     | 19                                                                                    | 20     |
| 11.30 Ball exercise<br><br>2.30 Musicals<br>theatre show | 10.30 Hand & nail<br>pamper<br><br>2.30 Flower<br>arranging **          | 10.30 Watercolour<br>painting<br><br>3.30 Church<br>service | 10.30 Dominoes<br>11.30 Quiz<br><br>2.30 Accordion<br>players             | 10.30 Uno<br>11.30 Gentle<br>exercise<br>2.00 School<br>children visit |                                                                                       |        |
| 21                                                       | 22                                                                      | 23                                                          | 24                                                                        | 25                                                                     | 26                                                                                    | 27     |
| 11.30 Ball exercise<br><br>2.30 Interactive<br>games     | 10.30 Dominoes<br>11.30 Word search<br><br>2.30 Poetry recitals         | 10.30 Boggle<br><br>2.30 Clay crafts                        | 10.30 Dominoes<br>11.30 Quiz<br>RESIDENTS FORUM<br>2.30 ANH tea<br>shop** | 10.30 Uno<br>11.30 Gentle<br>exercise<br>2.00 School<br>children visit |                                                                                       |        |
| 28                                                       | 29                                                                      | 30                                                          |                                                                           |                                                                        |                                                                                       |        |
| 11.30 Ball exercise<br><br>2.30 Knit &<br>natter**       | 10.30 Hand & nail<br>pamper<br><br>2.30 Arts & crafts                   | 10.30 Word games<br><br>3.30 Church<br>service              |                                                                           |                                                                        |  |        |