**Volunteers help appreciated

November 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2	**3**	**4**	**5**	**6**	**7**	**8**
11.30 Ball exercise 2.30 Singing for therapy with Stacey	10.30 Dominoes 11.30 Play your cards right 2.30 Knit & natter	10.30 Words in a word 3.30 Church service	10.30 Dominoes 11.30 Quiz time 2.30 St. Michaels School Children	10.30 Uno 11.30 Seated exercise 2.00 Pebble painting		
9	**10**	**11**	**12**	**13**	**14**	**15**
11.30 Ball exercise 2.30 Interactive games	10.30 Hand & nail pamper 2.30 Puzzles	10.30 Boggle 12.00 MENS PUB LUNCH ** 2.30 Movie afternoon	10.30 Dominoes 11.30 Science & Nature Quiz 2.00 Punch & Judy talk	10.30 Uno 11.30 Seated exercise 2.00 Board Games		
16	**17**	**18**	**19**	**20**	**21**	**22**
11.30 Ball exercise 2.30 Bingo **	10.30 Uno 11.30 Word games 2.30 Board games	10.30 Arts & crafts 3.30 Church service	10.30 Dominoes 11.30 Quiz time 2.00 Garden centre trip with coffee & cake **	10.30 Uno 11.30 Seated exercise 2.00 Board Games		
23	**24**	**25**	**26**	**27**	**28**	**29**
11.30 Ball exercise 2.30 ANH Tea shop **	10.30 Hand & nail pamper 2.30 Arts & crafts	10.30 Words in a word 2.30 Poetry Recitals	10.30 Dominoes 11.30 Quiz time RESIDENTS FORUM 2.30 St. Michaels School Children	10.30 Uno 11.30 Seated exercise 2.00 Christmas Cake Baking		
30						
11.30 Ball exercise 2.30 Cosmic Sparkle entertains us						