



JANUARY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 1 2 pm G fitness	 2 12.30 Garden centre trip	 3 2pm Tracy & Dog Candy to visit	 5 2pm Chair yoga	 6 2pm Mel & Piano	 7 walks	
 8 2 pm G fitness	 9 12.30 Airport Trip	 10 2pm Norma Entertains	 12 2pm mindsong	 13 2pm pub	 14 jigsaw Puzzle	
 15 2 pm G fitness	 16 12.30 Garden centre trip	 17 2pm BINGO	 19 2pm Chair yoga	 20 2pm Quiz	 21 walks	
 22 2 pm G fitness	 23 12.30 Airport Trip	 24 2pm Karen & Mark	 26 2pm mindsong	 27 2pm pub	 28 jigsaw Puzzle	
 29 2 pm G fitness	 30 12.30 Museum Trip	 31	 1	 2	 3	 4