

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<p>1st WARM UP for the quiz <u>Can you name the former Prime Ministers below?</u></p> 	<p>2nd 2pm Mindsong singalong choir are back <i>"This is the best activity ever"</i></p>	<p>3rd 2pm Drinks at the local pub. It's going to be a scorcher</p> 	<p>4th Music, singing and exercises/ Walk into town</p> 	<p>5th Puzzles</p> 
<p>6th 11am Butterfly House 8pm Silver Band</p> 	<p>7th 2pm Lorraine and cute dogs</p> 	<p>8th 2pm Quiz</p> 	<p>9th 2pm Walk around town for shopping, tea and cake with Lorraine</p> 	<p>10th 2pm Drinks at the local pub chatting about tomorrow's tea party with Lorraine</p> 	<p>11th Annual Tea Party 2pm - 4pm</p> 	<p>12th Lets go to town</p> 
<p>13th 2pm Out and about for Ice Creams</p> 	<p>14th 11am G-FITNESS 2pm Chit-Chat with Lorraine or Steve</p>	<p>15th 2pm Quiz</p>  <p>10.30am Ruskin Mill Walk</p>	<p>16th 2pm "Mindsong" (Amberley Ladies Choir) <i>Come and sing along to some classics</i></p>	<p>17th 11.30am Residents Meeting 2pm Drinks at the local pub with Steve</p> 	<p>18th Music, singing and exercises/ Walk into town</p> 	<p>19th Puzzles</p> 
<p>20th 2pm Gardening Club with Steve</p> 	<p>21st 10.30am Steam Train Trip</p> 	<p>22nd 2pm Quiz</p> 	<p>23rd 2pm Outside Games with Lorraine & Steve</p>	<p>24th 2pm Drinks at the local pub with Lorraine</p> 	<p>25th Ding Bats</p> 	<p>26th Lets go to town</p> 
<p>27th 2pm BANK HOLIDAY MOVIE MATINEE</p> 	<p>28th 2pm Arts and Crafts with Lorraine</p> 	<p>29th 2pm Quiz</p> 	<p>30th 2pm We are very privileged to welcome back the lovely ladies from Mind Song</p> 	<p>31st 2pm Drinks at the local pub with Steve chatting about the month's activities</p> 	<p>eg STEP STEP PETS (see reverse for answer)</p>	<p>Hope you enjoy August's activities</p>

Remember that we have the Exercise Class every morning with Steve at 11am in the Main House and 11.30am in The Lodge

Before and after our main activity, the following are available

Monday
Nail care

Tuesday
Walks

Wednesday
Reading

Thursday
Games

Friday
Shopping

Every Tuesday and Friday we will be around with the shopping trolley