

# August 2023

SUNDAY

MONDAY



































TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

 walks 6 	 jigsaw Puzzle 7 	 1 11am G fitness 12:30pm trip	11 am BINGO 2  2pm Chair Yoga	 3 1pm Garden Club trip	10am Steppes 4 Garden 2pm Quiz 	 5
walks 6 	jigsaw Puzzle 7 	11am G fitness 8 	 9	 10 2pm mindsong	10am Steppes 11 Garden 2pm Social Club 	11am Gong 12 Yoga 
 13	walks 14 	11am G fitness 15 2pm Tracy & Dog Ebony 	12 noon Boat Trip 16 	1pm Garden Club 17 2pm Chair Yoga 	10am Steppes 18 Garden 2pm Quiz 	walks 19 
 20	 21	11am G fitness 22 2pm Francis & Jazz Piano 	12 noon Boat Trip 23 	 24 2pm mindsong	10am Steppes 25 Garden 2pm Pub 	Word search 26 And Puzzles 
walks 27 	2pm Norma Entertains 28 	11am G fitness & Greek day 29 	1 pm Piano Club Trip 30 	1pm Garden Club 31 2pm Chair Yoga 