

## ACTIVITIES FOR Douro Lodge FEBRUARY 2022

<i>wk</i>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>1</b>		<b>1</b> Darts Zoom Video & Manicures	<b>2</b> Online Trivia Zoom Ball Games	<b>3</b> Exercises to Music Trivia Bingo	<b>4</b> Craft Singalong Pamper Session	<b>5</b> Individual Therapy Newspaper Reading & Discussion Zoom Golf	<b>6</b> Exercises 11.30 Songs of Praise  Zoom
<b>2</b>	<b>7</b> Shopping orders Craft Zoom Bingo	<b>8</b> Word Games Zoom	<b>9</b> Ball Games Zoom Video & Manicures Collect Library Books	<b>10</b> Bingo Golf Library Van visits	<b>11</b> Exercises to Music Word Games Ladies Afternoon Tea Men's DVD Documentary	<b>12</b> Individual Therapy Trivia Zoom Singalong	<b>13</b> Exercises 11.30 Songs of Praise  Zoom Painting
<b>3</b>	<b>14</b> Shopping orders Bowls Zoom 2.00 Mens Afternoon Library books delivered	<b>15</b> Bingo Zoom	<b>16</b> Knitting Group Woodwork Zoom Video & Manicures	<b>17</b> Exercises to Music Trivia Singalong	<b>18</b> Bingo Individual Therapy Painting	<b>19</b> Individual Therapy Newspaper Reading & Discussion Zoom Giant Skittles	<b>20</b> Exercises 11.30 Songs of Praise  Zoom Singalong
<b>4</b>	<b>21</b> Shopping orders Word Games Zoom Painting	<b>22</b> Lunch Preparations Drinks & nibbles Zoom Bingo	<b>23</b> Craft Zoom Video & Manicures	<b>24</b> Bowls Individual Therapy Pamper Session	<b>25</b> Exercises to Music Word Games Bingo	<b>26</b> Individual Therapy Trivia Zoom Singalong	<b>27</b> Exercises 11.30 Songs of Praise  Zoom Cheese Tasting and Drinks in the Garden
<b>5</b>	<b>28</b> Shopping orders Bingo Zoom	<b>29</b> Ball Games Zoom Video & Manicures	<b>30</b> Craft Zoom 2.00 Happy Hour & Birthday Party				

