

## ACTIVITIES FOR JULY 2018

wk	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	<b>30</b> 10.00 Exercises 11.00 Bingo 1.00 High School visit	<b>31</b> 10.00 Exerc/Weights 10.00 Shopping 11.00 Ball Games 2.00 Manicures <b>Hairdresser</b>					<b>1</b> 2.00 Dominoes (Independent Activity in Activity Room)
2	<b>2</b> 10.00 Exercises 11.00 Bingo 1.00 High School visit	<b>3</b> 10.00 Exerc/Weights 10.00 Shopping 11.00 Golf 2.00 Manicures <b>Hairdresser</b>	<b>4</b> 10.00 Exercises 11.00 Darts 2.00 Bell Ringing	<b>5</b> <b>Hairdresser</b> 2.00 Knitting Group (Independent Activity) 3.00 Library Van	<b>6</b> 10.00 Exercises 11.00 Church-Frontlin 2.00 Bingo Afternoon	<b>7</b> 2.00 Video & a Cuppa (Independent Activity in Activity Room)	<b>8</b> 2.00 Cards (Independent Activity in Activity Room)
3	<b>9</b> 10.00 Exercises 11.00 Bingo 2.00 Trivia	<b>10</b> 10.00 Exerc/Weights 10.00 Shopping 11.00 Bowls 2.00 Manicures <b>Hairdresser</b>	<b>11</b> 10.30 Talk on Scams & banking security 2.00 Bell Ringing	<b>12</b> <b>Hairdresser</b> 2.00 Knitting Group (Independent Activity)	<b>13</b> 10.00 Exercises 11.00 Church-Presbyt 2.00 Bingo Afternoon	<b>14</b> 2.00 Music & a Cuppa (Independent Activity in Activity Room)	<b>15</b> 2.00 Jigsaws (Independent Activity in Activity Room)
4	<b>16</b> 10.00 Exercises 11.00 Bingo 2.30 Fellowship Afternoon	<b>17</b> 10.00 Exerc/Weights 10.00 Shopping 11.00 Bobs 2.30 Birthday Party & Happy Hour	<b>18</b> 10.00 Exercises 11.00 Residents' Meeting 2.00 Afternoon Tea	<b>19</b> <b>Hairdresser</b> 2.00 Knitting Group (Independent Activity)	<b>20</b> 10.00 Exercises 11.00 Church-Catholic 2.00 Ladies Afternoon Tea	<b>21</b> 2.00 Video & a Cuppa (Independent Activity in Activity Room)	<b>22</b> 2.00 Gardening (Independent Activity in Activity Room)
5	<b>23</b> 8.00 Douro&Mortimer Men's Breakfast 10.00 Exercises 11.00 Bingo	<b>24</b> 10.00 Exerc/Weights 10.00 Shopping 11.00 Music with Karen 2.00 Manicures <b>Hairdresser</b>	<b>25</b> 10.30 Christmas in July Outing 2.00 Bingo Afternoon	<b>26</b> <b>Hairdresser</b> 2.00 Knitting Group (Independent Activity) 3.00 Library Van	<b>27</b> 10.00 Exercises 11.00 Church-Anglica 2.00 Ladies High Tea	<b>28</b> 2.00 Music & a Cuppa (Independent Activity in Activity Room)	<b>29</b> 2.00 Findaword (Independent Activity in Activity Room)