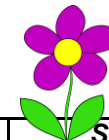


ACTIVITIES FOR Douro Lodge SEPTEMBER 2020



wk	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1		1 Darts Zoom Video & Manicures	2 Trivia Zoom Ball Games	3 Exercises to Music Trivia Bingo	4 Craft Singalong Pamper Session	5 Individual Therapy Newspaper Reading & Discussion Zoom Golf	6 Father's Day Exercises 11.30 Songs of Praise Free Beer & Drinks for Father's Day Lunch Zoom & Cowboy Movie Father's Day Singalong
2	7 Shopping orders Craft Zoom Bingo	8 Word Games Zoom Pancake Afternoon	9 Ball Games Zoom Video & Manicures Collect Library Books	10 Bingo Golf Library Van visits	11 Exercises to Music Word Games Ladies Afternoon Tea Men's DVD Documentary	12 Individual Therapy Trivia Zoom Singalong	13 Exercises 11.30 Songs of Praise Online Church Zoom Painting
3	14 Shopping orders Bowls Zoom Knitting Group 2.00 Mens Afternoon Library books delivered	15 Bingo Zoom Making Mini Pavlovas	16 Knitting Group Woodwork Zoom Video & Manicures	17 Exercises to Music Trivia Singalong	18 Bingo Individual Therapy Painting	19 Individual Therapy Newspaper Reading & Discussion Zoom Giant Skittles	20 Exercises 11.30 Songs of Praise Worship Africa DVD Zoom Singalong
4	21 Shopping orders Word Games Zoom Painting	22 Lunch Preparations Drinks & nibbles 12.00 Sausage Sizzle Zoom Bingo	23 Craft Zoom Video & Manicures	24 Bowls Individual Therapy Pamper Session	25 Exercises to Music Word Games Bingo	26 Individual Therapy Trivia Zoom Singalong	27 Exercises 11.30 Songs of Praise Online Church Zoom Cheese Tasting & Drinks in the Garden
5	28 Shopping orders Bingo Zoom Armchair Travel	29 Ball Games Zoom Video & Manicures	30 Knitting Group Woodwork Zoom Happy Hour & Birthday Party				