

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Activities are subject to change</p>		<p>1</p> <p>Armchair exercises</p> <p>Board games </p>	<p>2</p> <p>Move to the music</p> <p>Firework craft work </p>	<p>3</p> <p>Room visits</p> <p>Poetry group </p>	<p>4</p> <p>Sit and stretch</p> <p>Debbie plays the accordion </p>	<p>5</p> <p>History of Guy Fawkes</p> <p>Celebrating bonfire night </p>
<p>6</p> <p>Margaret Volunteer - Music Quiz </p> <p>Sing a long</p>	<p>7</p> <p>Streamer exercises</p> <p>Tony Edwards entertains </p>	<p>8</p> <p>Board games</p> <p>Knit and natter group-knitting poppies </p>	<p>9</p> <p>Numbers quiz</p> <p>Gentlemen's club </p>	<p>10</p> <p>Book club</p> <p>Word quiz </p>	<p>11</p> <p>Armistice day</p> <p>War songs we remember </p>	<p>12</p> <p>Remembrance day - T.V service</p> <p>Reminiscence-war stories</p>
<p>13</p> <p>Margaret Volunteer - Celebrating national sandwich day </p>	<p>14</p> <p>Armchair exercises</p> <p>Resident's meeting </p>	<p>15</p> <p>Arts and crafts</p> <p>Indoor gardening </p>	<p>16</p> <p>Making table decorations</p> <p>Love life café </p>	<p>17</p> <p>Gentle exercises</p> <p>Aqua painting </p>	<p>18</p> <p>Local news discussion</p> <p>Movie matinee </p>	<p>19</p> <p>Sunday newspapers</p> <p>Parachute game </p>
<p>20</p> <p>Margaret Volunteer - Reminiscence morning</p> <p>Messy art class </p>	<p>21</p> <p>Ball games</p> <p>Stephen sings </p>	<p>22</p> <p>Writing to pen pals</p> <p>Chocolate trolley round </p>	<p>23</p> <p>Move and groove </p> <p>Nicole sings opera</p>	<p>24</p> <p>One to ones</p> <p>Pampering afternoon </p>	<p>25</p> <p>Cookery T.V</p> <p>Chatterbox </p>	<p>26</p> <p>Weekly news roundup</p> <p>Musical film afternoon </p>
<p>27</p> <p>Margaret Volunteer - Christmas crafts</p> <p>Name that tune </p>	<p>28</p> <p>Sit and stretch exercises</p> <p>General knowledge quiz </p>	<p>29</p> <p>Read out loud</p> <p>Poetry writing </p>	<p>30</p> <p>Bean bag challenge </p> <p>Music by Nigel</p>			