

# MAR 2025 WELL-BEING & SOCIAL SUPPORT CALENDAR -

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<p><b>31</b></p> <p>10:30 Coffee club 10:30 In-Room Word game Distributed <b>11:00 Exercises to Music</b> <b>1:30 Knitting &amp; Craft</b> 1:30 Quoits 2:30 Movie 3:00 Hydration trolley</p>	<p><b>Additional activities:-</b></p> <p><b>Seasonal Gardening</b> <b>Library visit:- Monthly</b> <b>Community visits:- By appointment</b> <b>Catholic church visit- Fortnightly ( Tue)</b> <b>Aromatherapy :- Wednesdays</b> <b>Hairdresser - Wednesdays &amp; Thursdays</b> <b>Walk &amp; Talk ( By appointment)</b> <b>Pain Clinic with physio (Fridays)</b></p>				<p>DUE TO UNFORESEEN CIRCUMSTANCES SOME ACTIVITIES MAY BE SUBJECT TO CANCELLATION OR CHANGE</p>	<p><b>1</b></p> <p>10:30 Coffee club <b>11:00 Exercises to Music</b> 1:30 Bingo 2:30 Movie 3:00 Walk and talk</p>	<p><b>2</b></p> <p>10:30 Coffee club <b>11:00 Songs of Worship</b> 1:30 Art Therapy 2:30 Movie 3:00 Walk and talk</p>
<p><b>3</b></p> <p>10:30 Coffee club 10:30 In-Room Word game Distributed <b>11:00 Exercises to Music</b> <b>1:30 Knitting &amp; Craft</b> 1:30 Quoits 2:30 Movie 3:00 Hydration trolley</p>	<p><b>4</b></p> <p>10:30 Coffee club 11:00 Carpet bowls <b>1:30 Bus trip</b> 1:30 Bingo 2:30 Movie 3:00 Walk and talk</p>	<p><b>5</b></p> <p>10:30 Coffee club <b>11:00 Quiz</b> <b>11:00 Excercises to music</b> 1:30 Jewellery making 1:30 Basket ball <b>3:00 Aromatherapy Spa</b> 3:00 Board games &amp; puzzles</p>	<p><b>6</b></p> <p>10:30 Coffee club <b>11:00 Excercises to music</b> <b>1:30 Live music entertainment</b> 2:00 Happy Hour 2:30 Movie- Travel DVD</p>	<p><b>7</b></p> <p>10:30 Coffee club <b>11:00 Excercises to music</b> 1:30 Carpet bowls <b>1:30 Pain Clinic</b> 2:30 Anglican online service 2:30 Movie <b>3:00 Ice cream trolley</b></p>	<p><b>8</b></p> <p>10:30 Coffee club <b>11:00 Excercises to music</b> 1:30 Bingo 2:30 Movie 3:00 Walk and talk</p>	<p><b>9</b></p> <p>10:30 Coffee club <b>11:00 Songs of Worship</b> 1:30 Art Therapy 2:30 Movie 3:00 Walk and talk</p>	
<p><b>10</b></p> <p>10:30 Coffee club 10:30 In-Room Word game Distributed <b>11:00 Exercises to Music</b> <b>1:30 Knitting &amp; Craft</b> 1:30 Quoits 2:30 Movie 3:00 Hydration trolley</p>	<p><b>11</b></p> <p>10:30 Coffee club <b>11:00 Library Visit</b> 11:00 Carpet bowls <b>1:30 Bus trip</b> 1:30 Bingo 2:30 Movie 3:00 Walk and talk</p>	<p><b>12</b></p> <p>10:30 Coffee club <b>11:00 Quiz</b> <b>11:00 Excercises to music</b> 1:30 Jewellery making 1:30 Basket ball <b>3:00 Aromatherapy Spa</b> 3:00 Board games &amp; puzzles</p>	<p><b>13</b></p> <p><b>10:00 Bus trip</b> 10:30 Coffee club <b>11:00 Excercises to music</b> <b>1:30 Live music entertainment</b> 2:00 Happy Hour 2:30 Movie- Travel DVD</p>	<p><b>14</b></p> <p>10:30 Coffee club <b>11:00 Excercises to music</b> 1:30 Carpet bowls <b>1:30 Pain Clinic</b> 2:30 Anglican online service 2:30 Movie <b>3:00 Ice cream trolley</b></p>	<p><b>15</b></p> <p>10:30 Coffee club <b>11:00 Excercises to music</b> 1:30 Bingo 2:30 Movie 3:00 Walk and talk</p>	<p><b>16</b></p> <p>10:30 Coffee club <b>11:00 Songs of Worship</b> 1:30 Art Therapy 2:30 Movie 3:00 Walk and talk</p>	
<p><b>17</b></p> <p>10:30 Coffee club 10:30 In-Room Word game Distributed <b>11:00 Exercises to Music</b></p> 	<p><b>18</b></p> <p>10:30 Coffee club 11:00 Carpet bowls <b>1:30 Bus trip</b> 1:30 Bingo 2:30 Movie 3:00 Walk and talk</p>	<p><b>19</b></p> <p>10:30 Coffee club <b>11:00 Quiz</b> <b>11:00 Excercises to music</b> 1:30 Jewellery making 1:30 Basket ball <b>3:00 Aromatherapy Spa</b> 3:00 Board games &amp; puzzles</p>	<p><b>20</b></p> <p><b>10:00 Bus trip</b> 10:30 Coffee club <b>11:00 Excercises to music</b> <b>1:30 Live music entertainment</b> 2:00 Happy Hour 2:30 Movie- Travel DVD</p>	<p><b>21</b></p> <p>10:30 Coffee club <b>10:30 Coffee club</b> 1:30 Carpet bowls <b>1:30 Pain Clinic</b> 2:30 Anglican online service 2:30 Movie <b>3:00 Ice cream trolley</b></p>	<p><b>22</b></p> <p>10:30 Coffee club <b>10:30 Coffee club</b> 1:30 Bingo 2:30 Movie 3:00 Walk and talk</p>	<p><b>23</b></p> <p>10:30 Coffee club <b>11:00 Songs of Worship</b> 1:30 Art Therapy 2:30 Movie 3:00 Walk and talk</p>	
<p><b>24</b></p> <p>10:30 Coffee club 10:30 In-Room Word game Distributed <b>11:00 Exercises to Music</b> <b>1:30 Knitting &amp; Craft</b> 1:30 Quoits 2:30 Movie 3:00 Hydration trolley</p>	<p><b>25</b></p> <p>10:30 Coffee club 11:00 Carpet bowls <b>1:30 Bus trip</b> 1:30 Bingo 2:30 Movie 3:00 Walk and talk</p>	<p><b>26</b></p> <p>10:30 Coffee club <b>11:00 Quiz</b> <b>11:00 Excercises to music</b> 1:30 Jewellery making 1:30 Basket ball <b>3:00 Aromatherapy Spa</b> 3:00 Board games &amp; puzzles</p>	<p><b>27</b></p> <p><b>10:00 Bus trip</b> 10:30 Coffee club <b>11:00 Excercises to music</b> <b>1:30 Live music entertainment</b> <b>2:00 Happy Hour &amp; Birthdays of the month</b> 2:30 Movie- Travel DVD</p>	<p><b>28</b></p> <p>10:30 Coffee club <b>10:30 Coffee club</b> 1:30 Carpet bowls <b>1:30 Pain Clinic</b> 2:30 Anglican online service 2:30 Movie <b>3:00 Ice cream trolley</b></p>	<p><b>29</b></p> <p>10:30 Coffee club <b>10:30 Coffee club</b> 1:30 Bingo 2:30 Movie 3:00 Walk and talk</p>	<p><b>30</b></p> <p>10:30 Coffee club <b>11:00 Songs of Worship</b> 1:30 Art Therapy 2:30 Movie 3:00 Walk and talk</p>	