

February 2020

Timings 3pm unless otherwise stated



Activities designed to enable physical wellness, creativity, friendship and spiritual health.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3 1415 C of E Church Service	4 Valentines Crafts with Lesley	Exercise with Ed and Kiddley Divey	6 Carpet Bowls	7 Oomph with Ben and Sophie	8 Quiz with Sam	9 Film afternoon and games
10 Pamper and Preen spa day	11 Oomph with Ben and Sophie	12 Valentine poems and crafts	13 Flower Arranging with Sara Scott	14 Valentine's day Carpet Bowls or Romantic Film	15 Balloon volleyball with Sainey	16 Film afternoon and crosswords
17 St Marys Choir with Kate on Piano	18 Knitting club with Violet	19 Balloon volley ball	Birthday party and Bingo	21 Carpet Bowls	22 Quiz with Emma	23 Film afternoon And word searches
24 Knitting Club with Violet	25 Balloon volley ball	26 1415 Lost Chord music and residents meeting	27 Pamper and Preen Spa Day	28 11am Community café	29 Poetry reading with Helen	01ST MARCH Film afternoon

