







July 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30th June SPA DAY	1 AM - Book Club PM - Arts & Crafts	2 AM - Chair Yoga PM - Colouring	3 AM - Hand massages PM - Bingo	4 AM - 1:1's PM - Sing-along	5	6
7 AM - Walks in the park PM - World Chocolate Day	8 AM - Manicures PM - Flower Arranging	9 AM - Book Club PM - Quiz	10 AM - 1:1's PM - Games	 11 AM - Exercises PM - Arts & Crafts	12	13
14 Baking and decorating	15 AM -  Hand massages PM - Bingo	16 AM - Chair Yoga PM - Snake Day	17 AM - 1:1's PM Colouring	18 AM - Book Club PM - Ice Cream Day	19	20
21 AM - Manicures PM - Remember Moon Landing	22 Armchair  travel to South Korea	23 AM - Meditation PM - Quiz	24 AM - Book Club PM - Indoor Gardening	25 AM - 1:1's PM - Cheese and Wine Afternoon	26	27
28 AM - Book Club PM - Tea Party	29 AM -  Hand massages PM - Tiger Day	30 AM - Exercises PM - Bingo	31 AM - 1:1's PM - Arts & Crafts	1st August AM - Games PM - Musical Bingo		