



# 'whats on' January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>NEW YEARS EVE</b></p> 	<p>1</p> <p><b>NEW YEARS DAY</b></p> 	<p>2</p> <p><b>Thomas House:</b> Chair based exercises 1.30pm-2.15pm</p> <p><b>Trickett House:</b> CEO drop in and Bingo! 3pm</p>	<p>3</p> <p><b>Trickett House:</b> Chair based exercises 2.45pm-3.30pm</p>	<p>4</p> <p><b>Cloverdale:</b> Afternoon tea 2-4pm (Age UK £2.00)</p> <p><b>Norman House:</b> Chair based exercises 1.45pm-2.30pm</p>	<p>5</p>	<p>6</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	8 <b>OBH:</b> Digital Session 3pm	9 <b>Thomas House:</b> Chair based exercises 1.30pm- 2.15pm	10 <b>Trickett House:</b> Chair based exercises 2.45pm- 3.30pm	11 <b>Margaret:</b> Digital session 3pm  <b>Norman:</b> Chair based exercises 1.45pm-2.30pm	12 <b>Norman House:</b> CEO drop in and Bingo! 11am	13
14	15 <b>OBH:</b> Digital Session 3pm	16 <b>Thomas House:</b> Chair based exercises 1.30pm- 2.15pm  <b>Margaret:</b> CEO drop in and Bingo! 3pm	17 <b>Trickett House:</b> Chair based exercises 2.45pm- 3.30pm	18 <b>Cloverdale:</b> Afternoon tea 2-4pm (Age UK £2.00) <b>Norman:</b> Chair based exercises 1.45pm-2.30pm <b>Margaret:</b> Digital session 3pm	19 <b>Thomas House:</b> CEO drop in and Bingo!	20

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21   <b>Cloverdale Activities Week</b>  	22 <b>Cloverdale:</b> Craft morning 10am  <b>Cloverdale:</b> Afternoon tea and reminiscence session 2:30pm	23 <b>Cloverdale:</b> Bingo 10am  <b>Thomas House:</b> Chair based exercises 1.30pm- 2.15pm  <b>Cloverdale:</b> Pottery session 2pm	24 <b>Cloverdale:</b> Quiz morning 10am  <b>Trickett House:</b> Chair based exercises 2.45pm- 3.30pm  <b>Cloverdale:</b> Nina, therapy dog visit 2pm	25 <b>Cloverdale:</b> Chair based exercise 10:30am  <b>Norman House:</b> Chair based exercises 1.45pm-2.30pm  <b>Cloverdale:</b> Afternoon tea 2-4pm (Age UK £2.00)	26 <b>Cloverdale:</b> Creative Minds Art session 10:30am  <b>Cloverdale:</b> Mens afternoon 3pm	27   <b>Cloverdale Activities Week</b>  

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29 OBH: Digital Session 3pm	30 Thomas House: Chair based exercises 1.30pm- 2.15pm	31 Trickett House: Chair based exercises 2.45pm- 3.30pm  Griffiths Close: CEO drop in and Bingo! 3:30pm			