

February Activities

			Thursday 1st	Friday 2nd
			Countdown/Word Search 	AM Knitting  Bingo
Mon 5 th	Tues 6 th	Wed 7 th	Thurs 8 th	Friday 9 th
Strength & Balance Exercise 	Quiz of the Month 		Darts and Dominoes 	AM Knitting  Bingo
Mon 12 th	Tuesday 13 th	Wed 14 th	Thursday 15 th	Friday 16 th
Around the World 	Strength & Balance Exercise 		Members Meeting 	A.M. Knitting  Bingo
Mon 19 th	Tues 20 th	Wed 21st	Thurs 22 nd	Fri 23 rd
Strength & Balance Exercise 	Staff Training 	Music for All 	Card making for Lisa 	A.M. Knitting  Bingo
Mon 26 th	Tues 27 th	Wed 28 th	Thursday 29 th	Fri 1st March
Strength & Balance Exercise 	Ready Steady Cook 	Question Time with a Panel 	Presentation on RISE+ 	A.M. Knitting  Bingo

There will be an alternative creative session of Colouring in the afternoon in the Lounge on Tuesday, 6 February and Wednesday, 28 February

We will be starting a new Knitting Project in March

Dominoes, Playing Cards and Colouring is always available. The pool table is also always available for anyone to play. If you would like Air Hockey or Table Tennis please ask.