



ACTIVITIES PLANNER - JANUARY 2025

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
		<u>AM</u> Daily Sparkle Armchair Exercises PM New Years Day Lunch Rock Painting	<u>AM</u> Daily Sparkle Armchair Exercises PM Balloon Tennis Bracelet Making	<u>AM</u> Daily Sparkle Armchair Exercises PM Giant Floor Snakes & Ladders	<u>AM</u> Daily Sparkle Armchair Exercises PM WWII Medley Sing Along	10 AM Church Service Daily Sparkle PM Songs of Praise Quiz
6	7	8	9	10	11	12
<u>AM</u> Daily Sparkle Armchair Exercises PM White Board Games	<u>AM</u> Daily Sparkle Armchair Exercises PM Flower Arranging	<u>AM</u> Daily Sparkle Armchair Exercises PM Documentary Hand Massage	<u>AM</u> Daily Sparkle Armchair Exercises PM Book Club Manicures	<u>AM</u> Daily Sparkle Armchair Exercises PM Balloon Tennis Paper Arts & Crafts	<u>AM</u> Daily Sparkle Armchair Exercises PM Word Games	10 AM Church Service Daily Sparkle PM Songs of Praise Balloon Tennis
13	14	15	16	17	18	19
<u>AM</u> Daily Sparkle Armchair Exercises PM 14:00 Browells Pet Therapy	<u>AM</u> Daily Sparkle Armchair Exercises PM Giant Floor Snakes & Ladders	<u>AM</u> Daily Sparkle Armchair Exercises PM Hairdressing Namaste	<u>AM</u> Daily Sparkle Armchair Exercises PM 14:00 Outing to Garden Centre	<u>AM</u> Daily Sparkle Armchair Exercises PM 13:45 Music with Kevin	<u>AM</u> Daily Sparkle Armchair Exercises PM Balloon Tennis Jar Painting	10 AM Church Service Daily Sparkle PM Songs of Praise Quiz
20	21	22	23	24	25	26
<u>AM</u> Daily Sparkle Armchair exercises PM White Board Games	<u>AM</u> Daily Sparkle Armchair Exercises PM Bingo	<u>AM</u> Daily Sparkle Armchair Exercises PM Pub Afternoon with Quiz	<u>AM</u> Daily Sparkle Armchair Exercises PM Butterfly Effect Painting Project	<u>AM</u> Daily Sparkle Armchair Exercises PM 14:00 Outing to Garden Centre	<u>AM</u> Daily Sparkle Armchair Exercises PM Sing Along Burns Night	10 AM Church Service Daily Sparkle PM Songs of Praise Paper Lantern Making
27	28	29	30	31		
<u>AM</u> Daily Sparkle Armchair Exercises PM Quiz	<u>AM</u> Daily Sparkle Armchair Exercises PM Flower arranging Book Club	<u>AM</u> Daily Sparkle Armchair Exercises PM Hairdressing Chinese New Year	<u>AM</u> Daily Sparkle Armchair Exercises PM Butterfly Effect Painting Project	<u>AM</u> Daily Sparkle Armchair Exercises PM Resident Meeting with Afternoon Tea		