



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 1030 Person centered room visits, activities with Jess & Maria 11.30 Poetry with Erica in the lounge	2 1130 Gentle stretches and games with Ann Marie 1430 Celebrating the lives of Buddy Holly, Richie Valens & Big Bopper. Film/Music from 'The Buddy Holly Story'	3 11.30 Thula our PAT dog visiting 1430 Zoom Call with Anne Park, activity and discussion	4 1130 Sensory session in the quiet room with hand and foot massage offered, relaxing music and lights 1445 Birds of the world Quiz. Listen to the bird songs and calls	5 1130 Book club continuation with 'Marley and Me' 1445 Waitangi Day, the National Day of New Zealand. Discussions around interesting facts on New Zealand	6 1145 Exercise with resistance bands with Sarra 1445 St James Church, Sunday Gathering and Reading/Sermon showing on YouTube
7 1030 Zoom meeting with Jordan's meeting house 1200 Quaker meeting in the quiet room 1430 Film afternoon - choose from Netflix/DVD	8 1030 Person centered room visits, activities with Jess 1130 Poetry with Erica in the lounge 1430 Crafts towards Valentine's day with Jess & Ann Marie	9 1030 Person centered room visits with Maria 1130 Activities with Maria 1430 Film afternoon, your choice.	10 1030 Person centered room visits with Maria 1130 Thula our PAT dog visiting 1430 Activities with Maria. Zoom call with Anne Park, activity, and discussion	11 1130 Book Club, continuing with 'Marley & Me' 1430 World Radio Day	12 1130 Zoom craft session with Joanne from Gerrards Cross Library. To be confirmed 1245 Chinese themed lunch 1430 Celebrating Chinese New Year	13 1145 Exercise with resistance bands with Sarra 1445 Skittles with the care staff
14[SW1] 1030 Zoom meeting with Jordan's meeting house. 1200 Quaker meeting in quiet room 1430 St James Church Sunday gathering showing on YouTube, followed by film of your choice	15 One to One room visits with Jess 1130 Poetry with Erica in the lounge 1430 Celebrating Valentine's Day with music and a sing along with Ann Marie and Jess	16 1130 Gentle stretches, Ann Marie 1430 Shrove Tuesday. Tossing pancakes, following by a discussion. 1530 Afternoon tea - pancakes	17 1130. Book Club, continuing with 'Marley & Me' 1430 Zoom Call with Anne Park, activities.	18 1130 Thula our Pet dog visits 1430 Draughts, Snakes & Ladders with the care staff	19 1130 Classical music in the lounge 1430 Knit and Natter with the care staff	20 1145 Exercise to Music with Sarra 1445 All things Red - Quiz with the care staff
21 1030 Zoom meeting with Jordan's meeting house. 1200 Quaker meeting, Quiet Room 1430 St James Church Sunday gathering showing on YouTube, followed by film choice	22 One to one room visits with Jess 1130 Poetry with Erica in the lounge 1430 Musical Bingo with Ann Marie and Jess	23 1130 Gentle stretches to music with Ann Marie 1430 Lord Baden-Powell's Birthday. A reminiscence session on the Scouts	24 One to one room visits with Ann Marie 1130 Thula our Pet Therapy dog visits 1430 Zoom Call with Anne Park, doing an activity	25 1130 A selection of music played in both the lounge and dining room 1430 'This week in History' a look at our reminiscence magazine with the care staff	26 1130 Manicures with the Care staff 1430 Balloon and ball games with the care staff	27 1145 Exercise with Sarra using the resistance bands 1445 February Quiz with the care staff
28 1030 Zoom meeting with Jordan's meeting house 1200 Quaker meeting, Quiet room 1430 St James Church Sunday gathering showing on YouTube, followed by film choice	Day-to-day activities may change due to current circumstances					

Special days

14th – Valentines Day