



Swarthmore Activities

February 2024

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
				<p>1</p> <p>1130 Exercise class with Kelly from The Samurai Fitness Group</p> <p>1430 A look at a variety of "Memories in Pictures" with the care team</p> <p>1430 'Getset4tennis', a community group in Denham have invited us to visit this afternoon. Taking place in the village hall for Activities and a cup of tea.</p>	<p>2</p> <p>1130 Dignity in Action Morning, discussion with Ann Marie and staff</p> <p>1500 Church Service with Adam Wells from the Methodist Church in Gerrards Cross</p>	<p>3</p> <p>1130 Last week's Sunday Service from St James C of E in Gerrards Cross, showing on YouTube</p> <p>1430 Quits game with the care staff</p>
<p>4</p> <p>1030 The Quaker Meeting takes place at Jordans Meeting House</p> <p>1100 Simi and Suzy are here to do their Duke of Edinburgh award. They will be providing an activity in the lounge</p>	<p>5</p> <p>1130 Rummy in the dining room</p> <p>1430 Anne Park is visiting to talk about Bees</p>	<p>6</p> <p>1100 Monty our therapy dog is visiting this morning</p> <p>1430 Art and Craft session with Wendy in the dining room</p>	<p>7</p> <p>1030 Movers and Shakers, community group at the Methodist Church Hall</p> <p>1100 Thula our lovely 'Pets as Therapy 'dog is visiting</p> <p>1430 Craft session for the Chinese New Year. Hand print of Chinese Dragons as it is the Year of the Dragon! 1600 Poppy and Eden, Duke of Edinburgh Award Scheme will be doing a craft session</p>	<p>8</p> <p>1130 Dominoes and Darts in the lounge</p> <p>1430 We are celebrating the Chinese New Year a little early.. Learning a little about the culture, and with a taster session in the lounge</p>	<p>9</p> <p>1130 Ricky is coming to play the piano for us again this morning. He will be joined by his mum.</p> <p>1500 Zumba exercises with Mareda in the lounge</p>	<p>10</p> <p>1130 Last week's Sunday Service from St James C of E in Gerrards Cross, showing on YouTube</p> <p>1430 Movie of your choice, choose one from Netflix.</p>
<p>11</p> <p>1030 The Quaker Meeting takes place at Jordans Meeting House</p> <p>1100 Simi and Suzy are here to do their Duke of Edinburgh award. They will be providing a Quiz. This will take place in the lounge</p>	<p>12</p> <p>1130 Rummy in the dining room</p> <p>1430 Anne Park is visiting providing an Easter Craft Session</p>	<p>13</p> <p>1130 Shrove Tuesday, discussion, followed by tossing our pancakes in the activity room</p> <p>1430 Felting craft with Allison, today you will be making Hearts for Valentine's Day in the dining room</p>	<p>14</p> <p>1130 Valentines Day quiz and discussion</p> <p>1430 Entertainment for Valentine's Day, filled with lots of laughter enjoyed with friends. We welcome David with his Ventriloquism and Magic Show</p>	<p>15</p> <p>1130 Exercises with Ann Marie</p> <p>1430 Who am I? Guess the famous face</p>	<p>16</p> <p>1130 Thula our Pets as therapy dog is visiting this morning</p> <p>1430 The Daily Sparkle Reminiscence Newspaper with Courtney</p>	<p>17</p> <p>1130 Showing on YouTube, Last week's Sunday Service from St James C of E in Gerrards Cross</p> <p>1430 Movie of your choice, choose one from our streamlining service, Netflix</p>

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<p>18</p> <p>1030The Quaker Meeting takes place at Jordans Meeting House</p> <p>1100 Simi and Suzy are here to do their Duke of Edinburgh award. They will be providing a Quiz in the lounge</p>	<p>19</p> <p>1130 Poetry with Erica. In the lounge</p> <p>1430 Ker Plunk, Tabletop Football game or one of your choices, in the dining room with Em</p>	<p>20</p> <p>1130 Continuing with "100 Events that shaped History" Part 2. (DVD) with discussions</p> <p>1400 Baking Afternoon - Today we are making a victoria sponge</p>	<p>21</p> <p>1030 Movers and Shakers at the Methodist Church Hall.</p> <p>1100 Thula our PAT dog is visiting.</p> <p>1430 Looking at items and pictures from the Reminiscence Box. A different box on loan from the library.</p> <p>1600 Poppy and Eden will be joining us The girls are here to do their Duke of Edinburgh Award</p>	<p>22</p> <p>1130 Ball and balloon games in the Activity room</p> <p>1130 Seated exercises with Kelly from the Samurai Fitness Group in the dining room</p> <p>1430 Visiting Get Set 4 tennis, the community hub for a chat and a cup of tea in Maple Cross, Rickmansworth. This visit will depend on whether we have transport</p> <p>1430 Jigsaws in the Activity room</p>	<p>23</p> <p>1130 Musical and Picture Bingo in the lounge</p> <p>1430 Anne Park is visiting this afternoon to take part in an activity</p>	<p>24</p> <p>1130 Showing on YouTube, Last week's Sunday Service from St James C of E in Gerrards Cross</p> <p>1430 Movie of your choice, choose one from our streamlining service, Netflix</p>
<p>25</p> <p>1030 Quaker Meeting at Jordans Meeting House</p> <p>1030 Quaker Meeting taking place in the quiet room with Mary Clare Joliffe</p> <p>1100 Simi and Suzy are here to do their Duke of Edinburgh award. They will be taking part in an activity this morning</p>	<p>26</p> <p>1130 Poetry with Erica. In the lounge</p> <p>1430 Collage craft with Wendy</p>	<p>27</p> <p>1100 Monty our Therapy Dog is visiting with Tony his owner</p> <p>1430 Residents meeting, chaired by our Manager, Claire</p>	<p>28</p> <p>1030 Movers and Shakers at the Methodist Church Hall. Morning coffee, followed by an activity and then exercises with Richard</p> <p>1100 Thula, our Pets as Therapy dog will be visiting</p> <p>1400 Baking afternoon - Victoria Sponge</p> <p>1600 Eden and Poppy will be visiting. They will be participating in a baking quiz</p>	<p>29</p> <p>1130 Alphabet game in the lounge</p> <p>1430 Visiting Get Set 4 tennis, the community hub for a chat and a cup of tea in Maple Cross, Rickmansworth. Travelling by minibus</p> <p>1430 Sing along in the Activity Room with the Staff</p>		

DUE TO UNFORESEEN CIRCUMSTANCES WE MAY NEED TO CHANGE AN ACTIVITY FROM TIME TO TIME