

# September 2020

# Nursing Home

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 9am Exercises 10.30 Bowls 12.30 ST Massage 1.30 Whiteboard Games 3pm Movie	<b>2</b> 9am Exercises 10.30 Skittles 12.30 ST Massage 1.30 On This Day 3pm Movie	<b>3</b> 9am Exercises 10.30 Card Bingo 12.30 ST Massage 1.30 Darts 3pm Movie	<b>4</b> 9am Exercises 10.30 Fathers Day M/Tea 12.30 ST Massage 1.30 Sing a Long	<b>5</b> 9am Exercises 10.30 Music Trivia 12.30 ST Massage 1.30 Remember When 3pm Movie
<b>6</b> 9am Exercises 10.30 Bingo 12.30 ST Massage 1.30 Colour Therapy Sing a Long	<b>7</b> 9am Exercises 10.30 Bobs Balls 12.30 ST Massage 1.30 Crosswords 3pm Movie	<b>8</b> 9am Exercises 10.30 Bowls 12.30 ST Massage 1.30 Whiteboard Games 3pm Movie	<b>9</b> 9am Exercises 10.30 Skittles 12.30 ST Massage 1.30 On This Day 3pm Movie	<b>10</b> 9am Exercises 10.30 Card Bingo 12.30 ST Massage 1.30 Darts 3pm Movie	<b>11</b> Spring BBQ Mad Hatters 9am Exercises 10.30 Bobs Balls 12.30 ST Massage 1.30 Sing a Long	<b>12</b> 9am Exercises 10.30 Music Trivia 12.30 ST Massage 1.30 Remember When 3pm Movie
<b>13</b> 9am Exercises 10.30 Bingo 12.30 ST Massage 1.30 Colour Therapy Sing a Long	<b>14</b> 9am Exercises 10.30 Bobs Balls 12.30 ST Massage 1.30 Crosswords 3pm Movie	<b>15</b> 9am Exercises 10.30 Bowls 12.30 ST Massage 1.30 Whiteboard Games 3pm Movie	<b>16</b> 9am Exercises 10.30 Skittles 12.30 ST Massage 1.30 On This Day 3pm Movie	<b>17</b> 9am Exercises 10.30 Card Bingo 12.30 ST Massage 1.30 Darts 3pm Movie	<b>18</b> 9am Exercises 10.30 Bobs Balls 12.30 ST Massage 1.30 Sing a Long	<b>19</b> 9am Exercises 10.30 Music Trivia 12.30 ST Massage 1.30 Remember When 3pm Movie
<b>20</b> 9am Exercises 10.30 Bingo 12.30 ST Massage 1.30 Colour Therapy Sing a Long	<b>21</b> 9am Exercises 10.30 Bobs Balls 12.30 ST Massage 1.30 Crosswords 3pm Movie	<b>22</b> 9am Exercises 10.30 Bowls 12.30 ST Massage 1.30 Whiteboard Games 3pm Movie	<b>23</b> 9am Exercises 10.30 Skittles 12.30 ST Massage 1.30 On This Day 3pm Movie	<b>24</b> 9am Exercises 10.30 Card Bingo 12.30 ST Massage 1.30 Darts 3pm Movie	<b>25</b> 9am Exercises 10.30 Bobs Balls 12.30 ST Massage 1.30 Sing a Long	<b>26</b> 9am Exercises 10.30 Music Trivia 12.30 ST Massage 1.30 Remember When 3pm Movie
<b>27</b> 9am Exercises 10.30 Bingo 12.30 ST Massage 1.30 Colour Therapy Sing a Long	<b>28</b> 9am Exercises 10.30 Bobs Balls 12.30 ST Massage 1.30 Crosswords 3pm Movie	<b>29</b> 9am Exercises 10.30 Bowls 12.30 ST Massage 1.30 Whiteboard Games 3pm Movie	<b>30</b> 9am Exercises 10.30 Skittles 12.30 ST Massage 1.30 On This Day 3pm Movie			