

# December 2021

# The Cove

| Sunday  | Monday  | Tuesday   | Wednesday  | Thursday  | Friday  | Saturday   |
|---|---|---|--|---|---|--|
| BIRTHDAYS<br>21st Theo V  |   |   | <b>1</b><br>9am Exercises<br>10.30 Garden Club<br>12.30 ST Massage<br>1.30 Milkshakes & Music<br>3.30 Table Activities                       | <b>2</b><br>9am Ball Games<br>10.30 Frogs on the pond<br>12.30 ST Massage<br>1.30 Lettergames<br>3.30 Snakes & Ladders  | <b>3</b><br>9am Parachute<br>10.30 Fishing Game<br>12.30 ST Massage<br>1.30 Smoothies & Quizzes<br>3.30 Colour Therapy                            | <b>4</b><br>9am Exercises<br>10.30 Darts<br>12.30 Nails<br>1.30 Reminiscing Cards<br>3.30 Table Games  |
| <b>5</b><br>9am Ball Games<br>10.30 Garden Reading<br>12.30 Nails<br>1.30 Sing a Long<br>3pm Movie  | <b>6</b><br>9am Exercises<br>10.30 Tube Games<br>12.30 ST Massage<br>1.30 Christmas Craft<br>3.30 Boardgames  | <b>7</b> 9am Boardgames<br>10.30 Christmas Cooking<br>12.30 ST Massage<br>1pm The Gals<br>1.30 Read a bit Talk a bit<br>3.30 Colour Therapy         | <b>8</b><br>9am Exercises<br>10.30 Garden Club<br>12.30 ST Massage<br>1.30 Milkshakes & Music<br>3.30 Table Activities                       | <b>9</b><br>9am Ball Games<br>10.30 Frogs on the pond<br>12.30 ST Massage<br>1.30 Lettergames<br>3.30 Snakes & Ladders  | <b>10</b> 9am Parachute<br>9.30 Christmas church<br>10.30 Fishing Game<br>12.30 ST Massage<br>1.30 Smoothies & Quizzes<br>3.30 Colour Therapy     | <b>11</b><br>9am Exercises<br>10.30 Darts<br>12.30 Nails<br>1.30 Reminiscing Cards<br>3.30 Table Games |
| <b>12</b><br>9am Ball Games<br>10.30 Garden Reading<br>12.30 Nails<br>1.30 Sing a Long<br>3pm Movie | <b>13</b><br>9am Exercises<br>10.30 Tube Games<br>12.30 ST Massage<br>1.30 Christmas Craft<br>3.30 Boardgames | <b>14</b> 9am Boardgames<br>10.30 Christmas Cooking<br>12.30 ST Massage<br>1pm The Gals<br>1.30 Read a bit Talk a bit<br>3.30 Colour Therapy        | <b>15</b><br>9am Exercises<br>10.30 Garden Club<br>12.30 ST Massage<br>1.30 Milkshakes & Music<br>3.30 Table Activities                      | <b>16</b><br>9am Ball Games<br>10.30 Frogs on the pond<br>12.30 ST Massage<br>1.30 Lettergames<br>3.30 Snakes & Ladders | <b>17</b> 9am Parachute<br>10.30 Fishing Game<br>12.30 ST Massage<br>1.30 Smoothies & Quizzes<br>3.30 Colour Therapy<br>5.30 Carols by torchlight | <b>18</b><br>9am Exercises<br>10.30 Darts<br>12.30 Nails<br>1.30 Reminiscing Cards<br>3.30 Table Games |
| <b>19</b><br>9am Ball Games<br>10.30 Garden Reading<br>12.30 Nails<br>1.30 Sing a Long<br>3pm Movie | <b>20</b><br>9am Exercises<br>10.30 Tube Games<br>12.30 ST Massage<br>1.30 Christmas Craft<br>3.30 Boardgames | <b>21</b> 9am Boardgames<br>10am B/Day for Theo<br>10.30 Christmas Cooking<br>12.30 ST Massage<br>1.30 Read a bit Talk a bit<br>3.30 Colour Therapy | <b>22</b> 9am Exercises<br>Residents Xmas lunch<br>10.30 Garden Club<br>12.30 ST Massage<br>1.30 Milkshakes & Music<br>3.30 Table Activities | <b>23</b><br>9am Ball Games<br>10.30 Frogs on the pond<br>12.30 ST Massage<br>1.30 Lettergames<br>3.30 Snakes & Ladders | <b>24</b> Christmas Eve<br>9am Parachute<br>10.30 Fishing Game<br>12.30 ST Massage<br>1.30 Smoothies & Quizzes<br>3.30 Colour Therapy             | <b>25</b> Christmas Day  |
| <b>26</b><br>9am Ball Games<br>10.30 Garden Reading<br>12.30 Nails<br>1.30 Sing a Long<br>3pm Movie | <b>27</b><br>9am Exercises<br>10.30 Tube Games<br>12.30 ST Massage<br>1.30 Christmas Craft<br>3.30 Boardgames | <b>28</b> 9am Boardgames<br>10.30 Christmas Cooking<br>12.30 ST Massage<br>1.30 Read a bit Talk a bit<br>3.30 Colour Therapy                        | <b>29</b><br>9am Exercises<br>10.30 Garden Club<br>12.30 ST Massage<br>1.30 Milkshakes & Music<br>3.30 Table Activities                      | <b>30</b><br>9am Ball Games<br>10.30 Frogs on the pond<br>12.30 ST Massage<br>1.30 Lettergames<br>3.30 Snakes & Ladders | <b>31</b> New Year's Eve<br>9am Parachute<br>10.30 Fishing Game<br>12.30 ST Massage<br>1.30 Smoothies & Quizzes<br>3.30 Colour Therapy            |  |