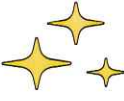
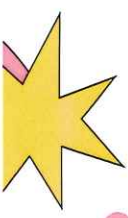
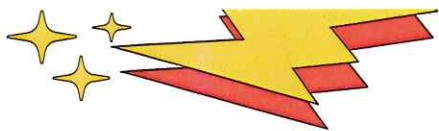
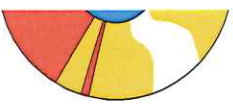


1.1 will be provided daily by the activity co-ordinator.
This will be assessed on the day and can range between
12-1pm or 2-3pm.

MARCH 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 ST DAVID'S DAY FAMILY TIME CHURCH SERVICE	2 11AM EXERCISE WITH PAUL 3PM BINGO	3 11AM GAMES 3PM ARTS AND CRAFTS	4 11AM TAI CHI 3PM BAKING	5 11AM CHAIR YOGA 3PM PUB QUIZ	6 11AM GAMES 3PM MOVIE NIGHT	7 FAMILY TIME MOVIE CLUB
8 FAMILY TIME CHURCH SERVICE	9 11AM EXERCISE 3PM ART AND CRAFTS INTERNATIONAL WOMENS DAY	10 11AM OUTING FOR AFTERNOON TEA 3PM CROSS WORD	11 11AM QUIZ 3PM CHEESE TASTING	12 11AM CHAIR BASED YOGA AND REFLEXOLOGY 3PM PUB QUIZ	13 11AM GAMES 3PM MOVIE NIGHT	14 FAMILY TIME MOVIE CLUB
15 MOTHERS DAY FAMILY TIME CHURCH SERVICE	16 11AM EXERCISE 3PM BINGO	17 ST PATRICKS DAY 11AM GAMES 3PM ARTS AND CRAFTS	18 11AM PLAY YOUR CARD RIGHT 3PM BAKING	19 11AM CHAIR YOGA 3:30-4:30PM PET THERAPY	20 11AM GAMES 3PM MOVIE NIGHT	21 FAMILY TIME MOVIE CLUB
22 USHAH'S BIRTHDAY FAMILY TIME CHURCH SERVICE	23 11AM EXERCISE 3:30-4:30PM IAN JAMES	24 11AM GAMES 3PM NATIONAL COCKTAIL MAKING	25 11AM QUIZ 3PM WAFFLE MAKING	26 11AM OUTING TO DUCH NUSERY 3PM MOVIE NIGHT	27 11AM GAMES 3PM PUB QUIZ	28 FAMILY TIME MOVIE CLUB
29 FAMILY TIME CHURCH SERVICE	30 11AM EXERCISE WITH PAUL 3PM BINGO	31 11AM GAMES 3PM ARTS AND CRAFTS				



Highlights from last month



Events for March



Pet Therapy



Potters Grange

Boutique Residential Care with Nursing
an Ardale home



Your activities team continues to develop your monthly programme based on the things you like doing. This schedule is for you to plan what you want to take part in and where your relations and friends can come in and help you get the most out of the activities. Please note; we do try to keep to the schedule, but at times things may vary due to unforeseen circumstances. However, the appropriate people will be informed.