

What's happening at Ashdale in January 2017?

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 st Relaxing form our New Years Eve Party!	2 nd BANK HOLIDAY	3 rd AM – Gentle Exercises - Helping us stay active PM – Bingo and Sensory Activities	4 th AM – Craft Exercises PM – Sponge Painting: Try out your artistic skills.	5 th AM- A morning where we learn to mediate. PM –A relaxing Poetry Afternoon.	6 th AM – Catching up on the local and national news – Debates and Discussions PM – Gently Exercises including bouncy balls.	7 th AM – Quality Circle- All welcome. PM – Sheila's Music and one to one sensory activities.
Monday 8 th An afternoon with 'Songs of Praise'.	9 th Celebrating SCIENCE throughout the Century.	10 th AM – Flower Pot Creations PM – Bingo and Sensory Activities	11 th AM – Painting Flower Pots PM- Gardening – Planting Bulbs.	12 th AM – Gardening – Designing our own miniature garden. PM- Making our very own wind chimes.	13 th AM – Catching up on the local and national news – Debates and Discussions PM – National Dream Day! What dreams do you have?	14 th AM – Kite Day : Design your own Kite. PM – Sheila's Music or Sensory session
15 th An afternoon with 'Songs of Praise'.	16 th AM – Design our very own bird feeders. PM – Finish our bird feeders and hang them in the garden.	17 th AM – Gentle Stretching Exercises PM – Bingo and Sensory Activities	18 th AM – Quiz Morning: Who Wants to be a Millionaire? PM – Quizzes celebrating the Animal Kingdom.	19 th AM –Hand and Foot Pampering Sessions Treat yourself PM – Afternoon Fun! Let's Play some Board Games.	20 th AM – Catching up on the local and national news – Debates and Discussions PM – Gentle Exercises - Helping us stay active	21 st - AM –Art: Let's draw our own favourite animals. PM – Sheila's Music or Sensory session Everyone Welcome
22 nd An afternoon with 'Songs of Praise'.	23 rd AM – National Pie Day: Let celebrate. PM – Design a Cup Cake Day – Yummy!	24 th AM – Morning Quiz to wake our brains up PM – Bingo and Sensory Activities	25 th Celebrating Opposites Day.	26 th AM –What's in the conversation Box? PM – Hand and Foot Pampering Sessions Treat yourself	27 th AM – Catching up on the local and national news – Debates and Discussions PM – Chocolate Cake Day: Yummy let's celebrate.	28 th AM – Bird Identification Quiz PM – Sheila's Music or Sensory session– Everyone Welcome
29 th An afternoon with 'Songs of Praise'.	30 th AM – Design our very own Brochure: Arts and Crafts. PM – Painting Birds with sponges.	31 st AM: Celebrating International Art Day. PM – Bingo and Sensory Activities				
N.B: All Activities are subject to change due to residents wishes						