


What's happening at Ashdale in Feb 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 st A.M.-Stretching Exercise P.M. – Skittles & Ball Games	2 nd A.M. – Painting – to choose on the day P.M. – Board Games – monopoly and scrabble	3 rd A.M. – Catching up on local news P.M. – Sensory , book reading a choice of the residents	4 th A.M. – Quality Circle P.M. – Shelia's Music/ Female Singer
5 th Songs of Praise	6 th A.M. –Gardening Club P.M. – Sensory and 1-1 massage etc ...Plus Westgate Chapel @ 2.45	7 th A.M. – Foot Pampering P.M. – Bingo with Viv & Sensory	8 th A.M.- Communion P.M.- Ball Game basket ball, Tennis	9 th A.M. – Hand Pampering session P.M. – Abraham Lincoln Day – Lets go back in time	10 th A.M. – Catching u on local news etc P.M. – Gentle Exercise – stretching and relaxing	11 th A.M. – Valentine Poems P.M. – Shelia's Music
12 th Songs of praise	13 th A.M. – Game of Skittles P.M. –Craft Session - choice of residents on the day	14 th A.M. – Valentines Day  P.M.- Bingo with Viv & Sensory	15 th A.M.- Who wants to be a millionaire P.M. – Touch & Feel guessing game	16 th A.M. – Talking about our favourite things P.M. – Owl Lady –Tracy, to talk about and hopefully bring one in	17 th A.M. – Catching up on local news etc P.M. – Games – Monopoly /Scrabble	18 th A.M. – Wine & Cheese tasting P.M. – Shelia's Music
19 th Songs of Praise	20 th A.M. – Ball Games – football, basket ball, bowls P.M. – Brain Training – keeping our minds active	21 st A.M. – Foot Pampering P.M. – Bingo with Viv & Sensory	22 nd A.M. – Balloon Games P.M. – Fruit Tasting – fresh, dried and canned	23 rd A.M. –Hand Pampering P.M. – Quiz of choice & Sensory 1-1	24 th A.M. – Catching up on local News etc P.M. – Painting Daffodils for St David's Day	25 th A.M. – Finishing off previous day painting P.M. – Shelia's Music
26 th Songs of Praise	27 th A.M. – Prep for St. David's Day P.M. – Giant Daffodil making ready for St David's Day	28 th A.M. – PANCAKE DAY, lets all toss a pancake P.M. – Bingo with Viv Sensory 1-1				