

# Activities at Alban Manor

January 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				<b>1 New Year's Day</b> 10.00am Chair Foot Cycle/Quiz  3.00pm NEW YEAR PARTY	<b>2</b> 10.00am One2One  2pm Quiz Time	<b>3 Festival of Sleep Day</b> 10.00am Malcolm's Dynamic Dominoes  2.00pm MovieTime-You Choose
<b>4 Spaghetti Day</b> 10.00am Coffee & Chat  2.00pm "Choose&Move"	<b>5 Twelfth Night</b> 10.00am Brain Games :One2One  2.00pm Matinee "Oklahoma" Musical	<b>6 Shortbread Day</b> 10.00am Chair Foot Cycle/"pampering"  2.00pm " Let's Draw"	<b>7</b> 10.00am One2One "Lets Play with Roxy"  2.00pm Residents Meeting	<b>8</b> 10.00am Chair Foot Cycle "BirdWatching"  2.00pm Sing-a-long with Rose	<b>9</b> 10.00am One2One  2.00pm Reminiscing	<b>10</b> 10.00am Malcolm's Dynamic Dominoes  2.00pm Sunday Papers
<b>11</b> 10.00am Chair Foot Cycle/Poetry  2.00pm Parachute Therapy 	<b>12</b> 10.00am Knitting Club  2.00pm Flower Arranging 	<b>13</b> 10.00am Chair Foot Cycle Reminiscing  2.00pm Bingo 	<b>14</b> 10.00am Brain Games One2One  2.00pm Gentle Exercise 	<b>15</b> 10.00am Chair Foot Cycle/ Guessing Game  2.00pm Sing-a-long with Rose	<b>16 World Religion Day</b> 10.00am One2One  2.00pm Word Games	<b>17</b> 10.00am Malcolm's Dynamic Dominoes  2.00pm Religious Observance
<b>18 Winnie The Pooh Day</b> 10.00am Coffee & chat/ Crossword & Puzzles  2.30pm Balloon Games 	<b>19</b> 10.00am "Name That Tune"  2.00pm Matinee "Laurel & Hardy" comedy.	<b>20</b> 10.00am Chair Foot Cycle/ Pamper Morning  2.00pm Music & Movement	<b>21 National Hug Day</b> 10.00am Play with Roxy One2One  2.00pm Yoga 	<b>22</b> 10.00am Cookery Club   2.00pm Sing-a-long with Rose	<b>23 Chinese New Year</b> 10.00am  One2One  2.00pm Gentle Exercise	<b>24</b> 10.00am Malcolm's Dynamic Dominoes  2.00pm Sunday papers
<b>25 Burns Night</b> 10.00am Chair Foot Cycle/ One2One  2.00pm "Bucket of Beans" Game	<b>26 Australia Day</b> 10.00am Music&Movement  2.00pm Bingo 	<b>27</b> 10.00am Pet Therapy  One2One 2.00pm Gentle Exercise	<b>28</b> 10.00am One2One "Current Affairs"  2.00pm Let's Paint	<b>29 National Puzzle Day</b> 10.00 "Puzzles"   2.00pm Sing-a-long with Rose	<b>30 Storytelling Week</b> 10.00am Coffee Morning  2pm "Once Upon A Time" 	<b>31</b> 10:00am Malcolm's Dynamic Dominoes  2.00pm MovieTime/You Choose 