




# Activities at Alban Manor

July 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			<b>1 Canada Day</b> 10am Chair Foot Cycle  2pm Music Afternoon	<b>2 Euro Quarter Finals</b> 10am Play with Roxy  2pm Outing: St Albans Drive	<b>3 Rugby Union</b> 10.00am One2One:Story  2pm Andy the Guitarist	<b>4 US Independence Day</b> 10.00am Malcolm's Dynamic Dominoes  2.00pm MovieTime-You Choose
<b>5 Glad to Care Week</b> 10.00am Coffee & Chat  One2One  2.00pm "Choose&Move"	<b>6 Kissing Day</b> 11am Zoom Exercise HCPA One2One  2.00pm Afternoon Matinee	<b>7 World Chocolate Day</b> 10.00am Chair Foot Cycle/ "pampering"  2.00pm Bingo	<b>8</b> 10.00am One2One "Lets Play with Roxy"  2.00pm Let's Draw	<b>9</b> 10.00am Chair Foot Cycle  2.00pm Outing:STA Cathedral	<b>10 Wimbledon Final</b> 10.00am One2One:Quiz  2.00pm Reminiscing	<b>11 Wimbledon Final</b> 10.00am Malcolm's Dynamic Dominoes  2.00pm Sunday Papers
<b>12</b> 10.00am Chair Foot Cycle/One2One  2.00pm Allotment Afternoon	<b>13</b> 11am Zoom Exercise HCPA  2.00pm Let's Paint	<b>14</b> 10.00am One2One  2.00pm Yoga	<b>15 Golf Open : Kent</b> 10.00am Cookery Club  2.00pm Sing-a-long with Rose	<b>16</b> 10.00am Chair Foot Cycle/  2.00pm Outing : Verulamium Park	<b>17 Grand Prix: Cardiff</b> 10.00am One2One  2pm You Choose	<b>18 British Grand Prix</b> 10.00am Malcolm's Dynamic Dominoes  2.00pm Religious Observance
<b>19</b> 10.00am Coffee&Chat/ Crossword & Puzzles  2.30pm Balloon Games	<b>20</b> 11am Zoom Exercise HCPA  One2One 2pm Afternoon Matinee: You Choose	<b>21 Cricket : The Oval</b> 10.00am Chair Foot Cycle/ Pamper Morning  2.00pm Lets Play "Oomph"	<b>22 Golf Open : Wales</b> 10.00am Play with Roxy One2One  2.00pm Flower Arranging	<b>23 Tokyo Olympics</b> 10.00am Allotment Club  2.00pm Outing: Harpenden	<b>24</b> 10.00am One2One  2.00pm Quizzes/Puzzles	<b>25 Darts: Blackpool</b> 10.00am Malcolm's Dynamic Dominoes  2.00pm Sunday Papers
<b>26</b> One2One: Walk in the Garden  2.00pm Gentle Exercises	<b>27</b> 11am Zoom Exercise HCPA  2.00pm Sing-a-long with Rose	<b>28</b> 10.00am Poetry Morning  2.00pm Lets Play "Word Games"	<b>29 HorseRacingNewcastle</b> 10am: One2One Play with Roxy  2pm: Bingo	<b>30 SilverstoneClassic</b> 10am:One2One  2pm Outing:Abbots Langley	<b>31ScottishFootball</b> 10amOne2One  2pm You Choose	