

Activities at Alban Manor

May 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 May Day 10.00am One2One:Story  2pm "Once Upon A Time....." 	2 10.00am Malcolm's Dynamic Dominoes  SUNDAY CINEMA 2.00pm MovieTime-You Choose 
3 World Asthma Day 10.00am Coffee & Chat  One2One 2.00pm "Choose&Move" 	4 11am Zoom Exercise HCPA One2One  2.00pm Afternoon Matinee 	5 Roxy's B'day 10.00am Chair Foot Cycle/ "pampering"  BINGO 2.00pm Bingo 	6 10.00am One2One "Lets Play with Roxy"  2.00pm Let's Draw 	7 Deafness Awareness Week 10.00am Chair Foot Cycle  2.00pm Outing: STA Cathedral 	8 WorldRedCross/RedCresD 10.00am One2One:Quiz  QUIZ TIME Reminiscing  2.00pm Reminiscing 	9 10.00am Malcolm's Dynamic Dominoes  2.00pm Sunday Papers 
10 10.00am Chair Foot Cycle/One2One  2.00pm Parachute Therapy 	11 11am Zoom Exercise HCPA  2.00pm Yoga 	12 Time For A Cuppa 10.00am One2One  2.00pm Let's Paint 	13 Doughnut Week 10.00am Cookery Club  2.00pm Sing-a-long with Rose 	14 World Fair Trade Day 10.00am Chair Foot Cycle/  2.00pm Outing : Verulamium Park 	15 Christain Aid Week 10.00am One2One  2.00pm Word Games 	16 10.00am Malcolm's Dynamic Dominoes  2.00pm Religious Observance 
17 British Sandwich Week 10.00am Coffee & chat/ Crossword & Puzzles  2.30pm Balloon Games 	18 11am Zoom Exercise HCPA One2One  2pm Afternoon Matinee : You Choose 	19 10.00am Chair Foot Cycle/ Pamper Morning  2.00pm Lets Play "Oomph" 	20 10.00am Play with Roxy One2One  2.00pm Sing-a-long with Rose 	21 10.00am Garden Club  2.00pm outing: Harpenden 	22 10.00am One2One  2.00pm Quizzes/Puzzles 	23Pentecost/Whitsun 10.00am Malcolm's Dynamic Dominoes  2.00pm Sunday Papers 
24 Whit Monday One2One: Walk in the Garden  2.00pn Gentle Exercices 	25 11am Zoom Exercise HCPA  2.00pm Flower Arranging 	26 10.00am Poetry Morning  2.00pm Lets Play "Word Games" 	27 10.00am Pet Therapy One2One  2pm Sherry&Cheese 	28 10.00am Chair Foot Cycle/ One2One  2pm Outing:Clarence Park 	29 10.00am One2One  YOU CHOOSE  2.00pm You Decide 	30 10.00am Malcolm's Dynamic Dominoes  SUNDAY CINEMA 2.00pm MovieTime-You Choose 
31 One2One 10.00am Chair Foot Cycle  2.00pm "Arms&Legs" 						