

June 2024

The Haven

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Birthdays 25th June.G			1 9am Chair exercises 10.30 Darts 12.30 ST Massage 1.30 Wordgames 2.30 Movies
2 9am Chair yoga 10.30 Bingo 1.30 Reminising 2.30 Movie	3 9am Exercises 10.30 Golf 12.30 Nail Care 1.30 Quizzes 2.30 Colour Therapy	4 9am Exercises 10.30 Bobs 12.30 ST Massage 1.30 Whiteboard Games 2.30 Boardgames	5 9am Exercises 9.30 MT Bus 12.30 Nail Care 1.30 Quoits 2.30 Sing a long	6 9am Exercises 10.30 Shuffelboard 12.30 ST Massage 1.30 Remember when 2.30 Table Activites	7 9am Exercises 10.30 Axe throwing 12.30 Nail Care 1.30 Music Quizz 2.30 Movie	8 9am Chair exercises 10.30 Darts 12.30 ST Massage 1.30 Wordgames 2.30 Movies
9 9am Chair yoga 10.30 Bingo 1.30 Reminising 2.30 Movie	10 Kings Bday 9am Exercises 10.30 Wilde Honey 12.30 Nail Care 1.30 Quizzes 2.30 Colour Therapy	11 9am Exercises 10.30 Bobs 12.30 ST Massage 1.30 Whiteboard Games 2.30 Boardgames	12 Italian Theme 9am Exercises 10.30 Singing Waiter 12.30 Nail Care 1.30 Quoits 2.30 Sing a long	13 9am Exercises 10.30 Shuffelboard 12.30 ST Massage 1.30 Remember when 2.30 Table Activites	14 9am Exercises 10.30 Axe throwing 12.30 Nail Care 1.30 Music Quizz 2.30 Movie	15 9am Chair exercises 10.30 Darts 12.30 ST Massage 1.30 Wordgames 2.30 Movies
16 9am Chair yoga 10.30 Bingo 1.30 Reminising 2.30 Movie	17 9am Exercises 10.30 Golf 12.30 Nail Care 1.30 Quizzes 2.30 Colour Therapy	18 9am Exercises 10.30 Bobs 12.30 ST Massage 1.30 Whiteboard Games 2.30 Boardgames	19 9am Exercises 9.30 MT Bus 12.30 Nail Care 1.30 Quoits 2.30 Sing a long	20 9am Exercises 10.30 Shuffelboard 12.30 ST Massage 1.30 Remember when 2.30 Table Activites	21 9am Exercises 10.30 Axe throwing 12.30 Nail Care 1.30 Music Quizz 2.30 Movie	22 9am Chair exercises 10.30 Darts 12.30 ST Massage 1.30 Wordgames 2.30 Movies
23 9am Chair yoga 10.30 Bingo 1.30 Reminising 2.30 Movie	24 9am Exercises 10.30 Golf 12.30 Nail Care 1.30 Quizzes 2.30 Colour Therapy	25 9am Exercises 10.30 Bobs 12.30 ST Massage 1.30 Whiteboard Games 2pm Bday for June	26 9am Exercises 9.30 MT Bus 12.30 Nail Care 1.30 Quoits 2.30 Sing a long	27 9am Exercises 10.30 Shuffelboard 12.30 ST Massage 1.30 Remember when 2.30 Table Activites	28 9am Exercises 10.30 Axe throwing 12.30 Nail Care 1.30 Music Quizz 2.30 Movie	29 9am Chair exercises 10.30 Darts 12.30 ST Massage 1.30 Wordgames 2.30 Movies
30 9am Chair yoga 10.30 Bingo 1.30 Reminising 2.30 Movie						