

# July 2024

# The Cove

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Birthdays 12th John.B 9am Ball Games 10.30 Bobs 12.30 Nail care 1.30 Read a bit, talk a bit 2.30 Table games	<b>2</b> 9am Exercises 10.30 shuffleboard 12.30 ST Massage 1.30 Snakes and Ladders 2.30 Quizzes	<b>3</b> 9am Ball Games 10.30 Golf 12.30 Nail Care 1.30 Bounce off 2.30 Whiteboard Games	<b>4</b> 9am Chair Exercises 10.30 Stars & Stripes 12.30 ST Massage 1.30 Darts 2.30 Lettergame	<b>5</b> 9am Exercises 10.30 Bowls 12.30 Nail Care 1.30 Diminoes 2.30 Table activites	<b>6</b> 9.30 Exercises 10.30 Axe throwing 12.30 ST Massage 1.30 Card Bingo 2.30 Movie
<b>7</b> 9.30 chair Exercises 10.30 Memory Magic 12.30 ST Massage 1.30 Tube game 2.30 Movie	<b>8</b> 9am Ball Games 10.30 Bobs 12.30 Nail care 1.30 Read a bit, talk a bit 2.30 Table games	<b>9</b> 9am Exercises 10.30 shuffleboard 12.30 ST Massage 1.30 Snakes and Ladders 2.30 Quizzes	<b>10</b> 9am Ball Games 10.30 Golf 12.30 Nail Care 1.30 Bounce off 2.30 Whiteboard Games	<b>11</b> 9am Chair Exercises 9.30 Anglicain Service 10.30 Skittles 12.30 ST Massage 1.30 Darts	<b>12</b> 9am Exercises 9.30 Catholic Mass 10am Bday for John 12.30 Nail Care 1.30 Diminoes	<b>13</b> 9.30 Exercises 10.30 Axe throwing 12.30 ST Massage 1.30 Card Bingo 2.30 Movie
<b>14</b> 9.30 chair Exercises 10.30 Memory Magic 12.30 ST Massage 1.30 Tube game 2.30 Movie	<b>15</b> 9am Ball Games 10.30 Showtime 12.30 Nail care 1.30 Read a bit, talk a bit 2.30 Table games	<b>16</b> 9am Exercises 10.30 shuffleboard 12.30 ST Massage 1.30 Snakes and Ladders 2.30 Quizzes	<b>17</b> 9am Ball Games 10.30 Golf 12.30 Nail Care 1.30 Bounce off 2.30 Whiteboard Games	<b>18</b> 9am Chair Exercises 10.30 Skittles 12.30 ST Massage 1.30 Darts 2.30 Lettergame	<b>19</b> 9am Exercises 10.30 Bowls 12.30 Nail Care 1.30 Diminoes 2.30 Table activites	<b>20</b> 9.30 Exercises 10.30 Axe throwing 12.30 ST Massage 1.30 Card Bingo 2.30 Movie
<b>21</b> 9.30 chair Exercises 10.30 Memory Magic 12.30 ST Massage 1.30 Tube game 2.30 Movie	<b>22</b> 9am Ball Games 10.30 Bobs 12.30 Nail care 1.30 Read a bit, talk a bit 2.30 Table games	<b>23</b> 9am Exercises 10.30 shuffleboard 12.30 ST Massage 1.30 Snakes and Ladders 2.30 Quizzes	<b>24</b> 9am Ball Games 10.30 Golf 12.30 Nail Care 1.30 Bounce off 2.30 Whiteboard Games	<b>25</b> 9am Chair Exercises 9.30 Anglicain Service 10.30 Skittles 12.30 ST Massage 1.30 Darts	<b>26</b> 9am Exercises 10.30 Bowls 12.30 Nail Care 1.30 Diminoes 2.30 Table activites	<b>27</b> 9.30 Exercises 10.30 Axe throwing 12.30 ST Massage 1.30 Card Bingo 2.30 Movie
<b>28</b> 9.30 chair Exercises 10.30 Memory Magic 12.30 ST Massage 1.30 Tube game 2.30 Movie	<b>29</b> 9am Ball Games 10.30 Bobs 12.30 Nail care 1.30 Read a bit, talk a bit 2.30 Table games	<b>30</b> 9am Exercises 10.30 shuffleboard 12.30 ST Massage 1.30 Snakes and Ladders 2.30 Quizzes	<b>31</b> 9am Ball Games 10.30 Golf 12.30 Nail Care 1.30 Bounce off 2.30 Whiteboard Games			