



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
10:45 Chair yoga - stretch and relax with Lydia 15:00 Bridge 15:00 Jigsaw Puzzles	10:30 Techie Tuesday 14:00 Table Tennis 15:00 Art Club in the Studio 17:00 Wellbeing Event - Anthropology 19:00 Classical Music	10:30 Armchair Keep Fit Class with Marissa 15:00 Bridge 17:00 Documentary Evening	14:00 Book Club 15:00 Open Scrabble - resident led 17:00 Movie Night	10:30 Chi Ball Chair Exercise with Sue 14:00 Table Tennis 15:00 Bridge 17:00 Pepperpot House 1st Birthday Party	09:00 Table Tennis 14:00 Rummikub Games Session 15:00 Bridge	09:00 Table Tennis
8	9	10	11	12	13	14
10:45 Chair yoga - stretch and relax with Lydia 15:00 Bridge 15:00 Jigsaw Puzzles	10:30 Techie Tuesday 14:00 Table Tennis 15:00 Wellbeing Event with Michelle 19:00 Classical Music	10:30 Armchair Keep Fit Class with Marissa 14:00 Local Walk 15:00 Bridge 15:00 Rummikub - Resident Led 17:00 Documentary Evening	10:30 Swimming - Broadwater Leisure Centre 15:00 Scrabble	10:30 Chi Ball Chair Exercise with Michelle (Sue is away) 14:00 Table Tennis 15:00 Bridge 17:00 MOVIE night - Pillow Talk	14:00 Table Tennis 15:00 Bridge 15:00 Christmas Carols at The Pavilion	14:00 Table Tennis 17:30 Choirblast Does Christmas
15	16	17	18	19	20	21
10:45 Chair yoga - stretch and relax with Lydia 15:00 Bridge 15:00 Jigsaw Puzzles	10:30 Techie Tuesday 14:00 Table Tennis 15:00 Art Club in the Studio 16:00 Wellbeing Event with Michelle 19:00 Classical Music	10:30 Armchair Keep Fit Class with Marissa 15:00 Bridge	12:30 Residents Christmas Lunch	10:30 Chi Ball Chair Exercise with Sue 14:00 Table Tennis 15:00 Bridge 17:00 MOVIE NIGHT - Green Book	14:00 Table Tennis 15:00 Bridge	14:00 Table Tennis
22	23	24	25	26	27	28
10:45 Chair yoga - stretch and relax with Lydia 15:00 Bridge 15:00 Jigsaw Puzzles	10:30 Techie Tuesday 14:00 Table Tennis 16:00 Wellbeing Event with Michelle 19:00 Classical Music	11:00 Local Walk 15:00 Bridge 17:45 Carols from Kings College	07:00 Happy Christmas	14:00 Table Tennis 15:00 Bridge 17:00 MOVIE night - Bridgit Jones Diaries	14:00 Table Tennis 15:00 Bridge	14:00 Table Tennis
29	30	31				
15:00 Bridge 15:00 Jigsaw Puzzles	14:00 Table Tennis 15:00 Art Club in the Studio 16:00 Wellbeing Event with Michelle 19:00 Classical Music	11:00 Local Walk 15:00 Bridge				