




# November 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				<p><b>AM</b> – Armchair Exercise &amp; Crossword  <b>1</b></p> <p><b>PM</b> – Parachute/ Balloon to music</p>	<p><b>AM</b> – Armchair Exercise &amp; Crossword <b>2</b></p> <p><b>PM</b> – Bingo &amp; Parachute to Music</p>	<b>3</b>
<p><b>AM</b> – Armchair Exercise &amp; Crosswords <b>4</b></p> <p><b>PM</b> – Autumn Arts &amp; Crafts</p>	<p><b>AM</b> – Music in Mind Session  <b>5</b></p> <p><b>PM</b> – Knit &amp; Natter &amp; Table Games</p>	<p><b>AM</b> – Music or Ball Bingo &amp; Parachute/ Balloon to Music <b>6</b></p> <p><b>PM</b> – Poppy Making Arts &amp; Craft</p>	<p><b>AM</b> – Make Our Own Jam Tarts &amp; Crossword/Quiz <b>7</b></p> <p><b>PM</b> – Poppy Making Arts &amp; Craft</p>	<p><b>AM</b> – Dominos &amp; other Board Games Pool/Snooker <b>8</b></p> <p><b>PM</b> – Poppy Making Arts &amp; Craft</p>	<p><b>AM</b> – Crosswords &amp; Quizzes <b>9</b></p> <p><b>PM</b> – Poppy Making Arts &amp; Crafts</p>	<b>10</b>
<p><b>AM</b> – Remembrance Quiz &amp; Reminiscing/History <b>11</b></p> <p><b>PM</b> - Bless Them All Sing Along </p>	<p><b>AM</b> – Music in Mind Session <b>12</b></p> <p><b>PM</b> – Parachute/Balloon to Music &amp; Sing Along</p>	<p><b>AM</b> – Make Our Own Jam Tarts Armchair Exercise <b>13</b></p> <p><b>PM</b> – Autumn Arts &amp; Craft, Wood/Bark Slices</p>	<p><b>AM</b> – Name the songs by the Lyrics &amp; Quizzes <b>14</b></p> <p><b>PM</b> – Afternoon Karaoke</p>	<p><b>AM</b> – Music Or Ball Bingo <b>15</b></p> <p><b>PM</b> – Group Sing Along with Keyboard Playing</p>	<p><b>AM</b> – Reminiscing 50s,60s &amp; 70s <b>16</b></p> <p><b>PM</b> – Floor Games &amp; Sing Along</p>	<b>17</b>
<p><b>AM</b> – Morning Sing Along, Crossword/Quiz <b>18</b></p> <p><b>PM</b> – The start of putting Xmas Dec's up</p>	<p><b>AM</b> – Music in Mind Session <b>19</b></p> <p><b>PM</b> – Knit &amp; Natter. Dominos &amp; Table Games</p>	<p><b>AM</b> – Autumn/Tree Ear Bud Painting <b>20</b></p> <p><b>PM</b> – Group Sing Along &amp; Name Game</p>	<p><b>AM</b> – Exercise to Music, Crossword &amp; Quizzes <b>21</b></p> <p><b>PM</b> – Autumn Arts &amp; Craft, Wood/Bark Slices</p>	<p><b>AM</b> – Music or Ball Bingo. Crossword &amp; Quizzes <b>22</b></p> <p><b>PM</b> – Decorating Jars for Autumn</p>	<p><b>AM</b> – Who Am I Quiz Game <b>23</b></p> <p><b>PM</b> – Afternoon Karaoke</p>	<b>24</b>
<p><b>AM</b> – Make our own Jam Tarts Name that Tune TV Shows <b>25</b></p> <p><b>PM</b> – Autumn Arts &amp; Craft, Wood/Bark Slices</p>	<p><b>AM</b> – Music in Mind Session <b>26</b></p> <p><b>PM</b> – Autumn Arts &amp; Craft, Wood/Bark Slices</p>	<p><b>AM</b> – Armchair Exercise &amp; Ball or Music Bingo <b>27</b></p> <p><b>PM</b> – Afternoon Karaoke</p>	<p><b>AM</b> – Parachute/ Balloon to Music &amp; Ball Bingo <b>28</b></p> <p><b>PM</b> - Group Sing Along &amp; Keyboard Playing</p>	<p><b>AM</b> – Make Our Own Jam Tarts Snooker/Pool. Dominos &amp; Quizzes <b>29</b></p> <p><b>PM</b> - Autumn Arts &amp; Craft, Wood/Bark Slices</p>	<p><b>AM</b> – Music or Ball Bingo <b>30</b></p> <p><b>PM</b> – Armchair Exercise &amp; Reminiscing</p>	