

Hairdresser

The hairdresser visits every Saturday. Come and have your hair done!



Movie Afternoon

Join us and watch your favourite musical or classic movie

Don't miss the weekly sparkle.

A copy can be found in our reception area.

Enjoy!

One-to-one visits are arranged throughout the week for residents who are unable to, or choose not to, participate in group activities.

In addition, there is a selection of reading material including books, magazines and newspapers available. CD's, DVD's and table top games such as cards, dominos, scrabble and draughts are available in the lounge for residents and relatives to help themselves.

Just Ask, if you can't find them



Monthly Social Programme January 2018

 Website: adeptcarehomes.co.uk

 Facebook: facebook.com/TheKnowlesCareHome

This Months Special Events

**3rd 17th & 31st at 11:00
am**

Progressive Mobility

9th & 23rd at 2:45pm

Creative Music

11th at 2:30pm

Danny & Trish

25th at 11:00am

Paulo Pinto

Family and friends are all very welcome

All activities are subject to change

Day	Date	Morning	Afternoon
Monday	29	Knitting Group	Movie Afternoon
Tuesday	30	Beach Ball Fun	Arts and Crafts
Wednesday	31	Progressive Mobility	Bingo

Day	Date	Morning	Afternoon
Monday	22	Knitting Group	Bingo
Tuesday	23	Skittles	Creative Music
Wednesday	24	Bowls	Chit Chat Club
Thursday	25	Paulo Pinto	Beach Ball Fun
Friday	26	Exercise to Music	Baking
Saturday	27	Karaoke	Beach Ball Fun
Sunday	28	Reminiscence	Knitting Group

Day	Date	Morning	Afternoon
Monday	1	Skittles	Movie Afternoon
Tuesday	2	Bingo	Parachute Fun
Wednesday	3	Progressive Mobility	Knitting Group
Thursday	4	Sparkle Sing a Long	Beach Ball Fun
Friday	5	Exercise to Music	Arts and Crafts
Saturday	6	Karaoke	Sparkle Quiz
Sunday	7	Sparkle Sing a Long	Bowls

Day	Date	Morning	Afternoon
Monday	8	Bowls	Baking
Tuesday	9	Skittles	Creative Music
Wednesday	10	Knitting Group	Chit Chat Club
Thursday	11	Bowls	Danny & Trish
Friday	12	Arts and Crafts	Karaoke
Saturday	13	Karaoke	Sparkle Quiz
Sunday	14	Sparkle Sing a Long	Movie Afternoon

Day	Date	Morning	Afternoon
Monday	15	Arts and Crafts	Bingo
Tuesday	16	Knitting Group	Reminiscence
Wednesday	17	Progressive Mobility	Baking
Thursday	18	Bowls	Beach Ball Fun
Friday	19	Chit Chat Club	Arts and Crafts
Saturday	20	Skittles	Sparkle Quiz
Sunday	21	Sparkle Sing a Long	Movie Afternoon