



# May 2025



| Monday               | Tuesday   | Wednesday   | Thursday   | Friday                  | Saturday                       | Sunday                                       |
|----------------------|---|---|--|-------------------------|--------------------------------|--|
|                      |   |   | 1<br>Singalong   | 2<br>Chair Tai Chi      | 3<br>Shannon<br>Cabaret Singer | 4<br>Gracefields Film Club                   |
| 5<br>Colouring       | 6<br>Hoopla   | 7<br>Chair Exercises  | 8<br>VE Day Garden Party                                       | 9<br>Karaoke Afternoon  | 10<br>Bingo                    | 11<br>Beach Ball                             |
| 12<br>Parachute      | 13<br>Hangman   | 14<br>Kings of Swing Concert                                  | 15<br>Boccia   | 16<br>Zentangle Drawing | 17<br>Chair Yoga               | 18<br>Paper Planes                           |
| 19<br>Bean Bag Toss  | 20<br>Hairdresser   | 21<br>International Tea Day/<br>Cheese & Wine Club w/<br>Quiz | 22<br>Gentle Stretching<br>under the Sun                       | 23<br>Church Service    | 24<br>Balloon Volleyball       | 25<br>Crosswords/<br>Puzzles/<br>Board Games |
| 26<br>Birds Watching | 27<br>Portuguese<br>Culture Day  | 28<br>The Horseshoe Pub Outing                                | 29<br>World Biscuit Day/<br>The Golden Whiskers<br>Baking Club | 30<br>Seated Qigong     | 31<br>Mindful Meditation       |  |