

Activities at Alban Manor

September 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Sourdough September 10am Play with Roxy  2pm Arts&Crafts	2 Coconut Day 10am Chair Foot Cycle  2pm Music & Movement	3 10am:One2One   2pm Outing:Abbots Langley	4 International Bacon Day 10am: One2One   2pm You Choose	5 10.00am Malcolm's Dynamic Dominoes  SUNDAY CINEMA 2.00pm MovieTime-You Choose
6 10.00am Coffee & Chat  One2One  2.00pm "Choose&Move"	7 11am Zoom Exercise HCPA One2One   2.00pm Afternoon Matinee	8 10.00am Chair Foot Cycle/ "pampering"  BINGO 2.00pm Bingo	9 10.00am One2One "Lets Play with Roxy"   2.00pm Let's Draw	10 Jane Austen Week 10am Bookclub   2.00pm Outing:STA Cathedral	11 Last Night of the Proms 10.00am One2One:Quiz   2.00pm Reminiscing	12 10.00am Malcolm's Dynamic Dominoes  2.00pm Sunday Papers
13 Roald Dahl Day 10am Chair Foot Cycle   2.00pm Allotment Afternoon	14 11am Zoom Exercise HCPA   2.00pm Let's Paint	15 10.00am One2One   2.00pm Yoga	16 Cupcake Day 10.00am Cookery Club   2.00pm Entertainment by David Meek	17 Goodwood Revival 10.00am Chair Foot Cycle/  Memory Walk   2.00pm Outing : Verulamium Park	18 London Fashion Week 10.00am One2One  2pm You Choose	19 10.00am Malcolm's Dynamic Dominoes  2.00pm Religious Observance
20 10.00am Coffee&Chat/ Crossword & Puzzles   2.30pm Balloon Games	21 Chelsea Flower Show 11am Zoom Exercise HCPA   2pm Afternoon Matinee	22 Rose Day 10.00am Chair Foot Cycle/ Pamper Morning   2.00pm Lets Play "Oomph"	23 Int'l Sign Lang. Day 10.00am Play with Roxy One2One   2.00pm Flower Arranging	24 WorldCoffeeMorning 10.00am Allotment Club   2.00pm Outing: Harpenden	25 Macmillan Coffee Morning 10.00am One2One    2.00pm Quizzes/Puzzles	26 10.00am Malcolm's Dynamic Dominoes   2.00pm Sunday Papers
27 One2One: Walk in the Garden  2.00pm Gentle Exercises	28 11am Zoom Exercise HCPA  Sing Along  2.00pm Sing-a-long with Rose	29 World Heart Day 10.00am Poetry Morning   2.00pm Lets Play "Word Games"	30 10am: One2One Play with Roxy  BINGO 2pm: Bingo			