

Cestria House Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 st	2 nd	3 rd
				QUIZ	KEEP FIT	BOARD GAMES
4 th	5 th	6 th	7 th	8 th	9 th	10 th
CHURCH SERVICE	REMINISCENCE	BINGO	ARTS & CRAFTS	HAIRDRESSING	MUSIC AFTERNOON	BAKING
11 th	12 th	13 th	14 th	15 th	16 th	17 th
CHURCH SERVICE	BEAUTY	BOARD GAMES	QUIZ	CHAIR EXERCISE	OLD FILMS	BINGO
18 th	19 th	20 th	21 st	22 nd	23 rd	24 th
CHURCH SERVICE	SING A LONG	HORSE RACING	BINGO	TRIP TO LOCAL PUB	GROUP DISCUSSION	OLD FILMS
25 th	26 th	27 th	28 th	29 th	30 th	31 st
CHURCH SERVICE	BINGO	BAKING	ARTS & CRAFTS	KEEP FIT	BOARD GAMES	MONTHLY MEETING