

# Highfield House Activities Calendar

February 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<b>1 Hairdresser Manicures</b>  <b>John &amp; Shelia</b>	<b>2 Pella' Choir</b>  <b>Coffee Shop</b>	<b>3 Quiz morning</b>  <b>Ball Games</b>	<b>4 Number Games</b>  <b>Keyworking</b>	<b>5 Topical Discussion</b>  <b>Film Afternoon</b>
<b>6 Armchair Exercises</b>  <b>Highfield Arms</b>	<b>7 Bingo</b>  <b>Stourhead</b>	<b>8 Hairdresser Manicures</b>  <b>East Somerset Railway Talk</b>	<b>9 Pella's Choir</b>  <b>Susan Florist</b>	<b>10 Quiz morning</b>  <b>Nick the Potter</b>	<b>11 Word Games</b> <b>ABCDEFGHIJ KLMNOPQR STUVWXYZ</b> <b>Documentary</b>	<b>12 Topical Discussion</b>  <b>Songs of Praise</b>
<b>13 Armchair Exercises</b>  <b>Trip to Garden Centre</b>	<b>14 Residents Meeting</b>  <b>Valentines Tea Party</b> <b>Families Welcome!</b>	<b>15 Hairdresser Manicures</b>  <b>Pom Pom's</b>	<b>16 Pella's Choir</b>  <b>Hungry Hippos</b>	<b>17 Quiz morning</b>  <b>Jan's Birthday Party Afternoon</b>	<b>18 Number Games</b>  <b>Keyworking</b>	<b>19 Topical Discussion</b>  <b>Film Afternoon</b>
<b>20 Armchair Exercises</b>  <b>Ann D's Birthday Party Afternoon</b>	<b>21 Shrove Tuesday</b>  <b>Parachute Games</b>	<b>22 Holy Communion</b> <b>Hairdresser</b>  <b>Justin Daish</b>	<b>23 Pella Choir</b>  <b>Baking</b>	<b>24 Quiz Morning</b>  <b>Trip to Garden Centre</b>	<b>25 Word Games</b> <b>ABCDEFGHIJ KLMNOPQR STUVWXYZ</b> <b>Documentary</b>	<b>26 Topical Discussion</b>  <b>Songs of Praise</b>
<b>27 Armchair Exercises</b>  <b>Jan Reminiscing</b>	<b>28 Mandy's Swag Bags</b>  <b>Indoor Skittles</b>	<p><i>At the end of the day all you need is Hope and Strength, Hope that it will get better, and Strength to hold on until it does.</i></p> 				