

Esida

S E P T E M B E R

2 0 2 5

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	9:15am Physio Exercises 2pm Cycling Without Age	9:15am Chair Yoga 10:30am Ladies Group 10:30am Circle of Men 1:30pm Zumba	9:15am Physio Exercises 10am Residents Advisory Meeting 1:30pm Ice Cream Trolley	9:15am Exercise 9:30am Holy Communion 10:30am Shopping Trolley	9:15am Exercise 1:30pm Concert	10:15am Walking Group 1:30pm HOY 3pm Movie 3pm Church Choir
7	8	9	10	11	12	13
9:30am Sing Along 10:30am Church 1:30pm Bingo 3:30pm Movie	9:15am Physio Exercises	9:15am Chair Yoga 10:30am Ladies Group 10:30am Circle of Men 1:30pm Zumba	9:15am Physio Exercises 1:30pm Ice Cream Trolley	9:15am Exercise 9:30am Holy Communion 10:30am Shopping Trolley	9:15am Exercise 1:30pm Concert	10:15am Walking Group 1:30pm HOY 3pm Movie
14	15	16	17	18	19	20
9:30am Sing Along 10:30am Church 10:30am Quoits 1:30pm Bingo 3:30pm Movie	9:15am Physio Exercises 10:30am Bean Bag Toss 2pm Cycling Without Age	9:15am Chair Yoga 10:30am Ladies Group 10:30am Circle of Men 1:30pm Zumba	9:15am Physio Exercises 1:30pm Ice Cream Trolley	9:15am Exercise 9:30am Holy Communion 10:30am Shopping Trolley	9:15am Exercise 1:30pm Concert	10:15am Walking Group 10:30am Moving & Groving 1:30pm HOY 3pm Movie
21	22	23	24	25	26	27
9:30am Sing Along 10:30am Church 1:30pm Bingo 3:30pm Movie	9:15am Physio Exercises	9:15am Chair Yoga 10:30am Ladies Group 10:30am Circle of Men 1:30pm Zumba	9:15am Physio Exercises 1:30pm Ice Cream Trolley	9:15am Exercise 9:30am Holy Communion 10:30am Catholic Church 10:30am Shopping Trolley	9:15am Exercise 1:30pm Concert	10:15am Walking Group 10:30am BOB's 1:30pm HOY 3pm Movie
28	29	30				
9:30am Sing Along 10:30am Church 10:30am Quoits 1:30pm Bingo 3:30pm Movie	9:15am Physio Exercises	9:15am Chair Yoga 10:30am Ladies Group 10:30am Circle of Men 1:30pm Zumba				