

CARRICKFERGUS MANOR

January Entertainment

- Monday 4th - Chair Aerobics with Denise in the Life Café
- Tuesday 5th - Day to relax. Aromatherapy with Katherine
- Wednesday 6th - Glamorous Grannies Hairdressing with Lorraine
- Thursday 7th - Archie the friendly Black Labrador loves cuddles
- Friday 8th - Keep Fit Easy Aerobics with Denise in Knockagh
- Sunday 10th - Rev Graham Prayer Service at 3pm
- Monday 11th - Chair Aerobics with Denise in the Life Café
- Tuesday 12th - Come and listen to Pastor Jonny Redmond in the Tea Room

- Wednesday 13th - Hairdressing with Lorraine
- Thursday 14th - Life Café Coffee Morning - Sing Along & Dancing
- Friday 15th - Chair Aerobics with Denise in Knockagh
- Sunday 17th - Fr Tony Curran Holy Communion
- Monday 18th - Chair Aerobics with Denise in the Life Café
- Tuesday 19th - Come and listen to Pastor Jonny Redmond in the Tea Room
- Wednesday 20th - Glamorous Grannies Hairdressing with Lorraine
- Thursday 21st - Afternoon Tea Party in Knockagh Dining Room.
- Friday 22nd - Marvelous moves with Denise in Knockagh

- Sunday 24th - Fr Tony Curran Holy Communion
- Monday 25th - Come and keep fit with Denise in Life Cafe
- Tuesday 26th - Reminiscence and tastes of Burns Night
- Wednesday 27th - A new Hairdo in the Hairdressing Salon
- Thursday 28th - Fabulous flowers to arrange - don't miss it!
- Friday 29th - Family and friends welcome for game of Bingo
- Sunday 31st - Fr Tony Curran Holy Communion