



30 DAY WELLNESS CALENDAR (JUNE)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Ease into a new month with a new book	2 It might be time to think about car maintenance ▶	3 Go for a walk	4 Try these strawberry oatmeal bars ▶	5 Recreate a Michelin recipe at home ▶	6 Top tips for cutting your own hair ▶
7 Take the pressure off ▶	8 Draw or paint a picture, take inspiration from your home or garden	9 Discover the virtual world ▶	10 This exercise focusses on meditation & slow movement Qigong	11 Thirsty Thursday? Try our easy Gin fizz cocktail ▶	12 Test your general knowledge with a quiz ▶	13 Have you tried our homemade BBQ sauce recipe? ▶
14 Popular quarantine activities ▶	15 Begin a new week with a relaxing at home spa treatment ▶	16 Try these chair-based exercises ▶	17 Start researching your family tree ▶	18 Here's our tips for a better night's sleep ▶	19 Call a friend or family member	20 Saturday calls for our guiltless toast recipe ▶
21 What would be your Desert Island Discs? ▶	22 Pick an activity from May ▶	23 Now is the perfect time to declutter ▶	24 Sing while you spring clean	25 Listen to your favourite music	26 Have you tried birdwatching? ▶	27 Enjoy Afternoon tea at home ▶
28 Relax with a jigsaw puzzle or a board game	29 Take a tour of one of these virtual gardens ▶	30 Keep your brain health in order with this Dingbats quiz ▶				

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