



30 DAY WELLNESS CALENDAR (MAY)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Call your friends, starting in alphabetical order	2 Start a jigsaw
3 Watch a musical online (Andrew Lloyd Webber)	4 Take some time out follow a few basic exercises ▶	5 Cook an Audley recipe from the cookbook ▶	6 Send a gift ▶	7 Try a brain training puzzle ▶	8 Dress for best! Plan an evening with a friend on Zoom ▶	9 Have a virtual tea party ▶
10 Listen to music you loved as a teenager ▶	11 Follow an exercise on YouTube #togetherathome ▶	12 Show a random act of kindness	13 Do a crossword or Wordsearch ▶	14 Choose a random activity from April's calendar ▶	15 Get up early and watch the sunrise. Feel positive ▶	16 Visit a virtual garden online ▶
17 Bake a cake ▶	18 Style your home ▶	19 Listen to your favourite music or try a Podcast ▶	20 Play cards or a board game	21 Make a smoothie ▶	22 Go for a walk and listen to the birdsong ▶	23 Learn something new today ▶
24 De-clutter a room ▶	25 Start reading a book ▶	26 Play an online game ▶	27 Watch your favourite classic movie or a new Netflix box set ▶	28 Dance like no-one is watching	29 Watch our mindfulness video ▶	30 Do a family Zoom quiz night
31 Prepare your favourite meal						

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