

# January 2018 WHAT'S ON ....

Remember that we have the Exercise Class every morning with Kim at 11am in the main house  
and 11.30am in The Lodge

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1st 2pm <b>NEW YEARS DAY</b> Movie matinee 	2pm Wordsearches and Crosswords ----- 2pm Chit Chat with Lorraine	11am G Fitness 2pm The Midweek QUIZ "STARTER FOR 10 - Name the fruits below?" 	2pm We are very privileged to welcome back the lovely ladies from Mind Song 	2pm Drinks at the local pub chatting about any New Year's resolutions 	Puzzle Competition 	Probably the last day of a disappointing Ashes Series ----- We'll do better in the World Cup???
8th 2pm Indoor Olympic Games with Kim 	2pm "Afternoon at the Races" 	2pm The Quiz 	2pm Lorraine and cute dogs 	11am Trip to "WWT" in Slimbridge 	11-1pm Music, singing and exercises/ Walk into town	Puzzle Competition 
15th 2pm 	2pm Shopping trip and healthy refreshments with Kim 	2pm The Quiz 	2pm "Mindsong" (Amberley Ladies Choir) Come and sing along to some classics	2pm Drinks at the local Pub chatting about pets and animals 	Puzzle Competition 	11-1pm Music, singing and exercises/ Walk into town with Kim
22nd 2pm Dancing with Rachael and Kim. 	2pm Lorraine & lovely dogs/Kim's Manicures 	2pm The Quiz 	2pm Wordsearches and Crosswords ----- Chit Chat with Lorraine	11.30am Residents meeting 2pm Pub visit. 5pm Chinese evening	11-1pm Lets go to town 	Puzzle Competition 
29th 2pm Indoor Olympic Games with Kim 	2pm Garden Centre Trip with tea and fruit cake 	2pm The Quiz 	2pm Mindsong are back for some more music therapy. "This is the best activity ever"	2pm Drinks at the local pub/Arts and Crafts with Kim 	Puzzle Competition 	"Please let us know what you enjoyed (or not) about this month's activities"
Before and after our main activity, the following are available					Every Tuesday and Friday we will be around with his shopping trolley	
Monday	Tuesday	Wednesday	Thursday	Friday		
Nail care	Walks	Reading	Games	Shopping		

WE HOPE YOU ENJOY THIS MONTH'S ACTIVITIES