

# January 2019

Outings and exercise  
Shopping, ice creams and singing

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>31st Dec</b> 	<b>1st</b> 	<b>2nd</b> 2pm Quiz WARM UP Q Can you name flowers below (hopefully all blooming soon)?	<b>3rd</b> 2pm <b>Mindsong choir</b> ..... <i>"This is the best activity ever"</i> 	<b>4th</b> 2pm Steve Drinks at the local pub in front of a warm, log fire chatting about broken New Year's	<b>5th</b> Puzzles 	<b>6th</b> Games and nails with Callie and Natalie 
<b>7th</b> 2pm Steve <b>Dominoes</b> 	<b>8th</b> 2pm Lorraine Meet the dogs 	<b>9th</b> 2pm Quiz 	<b>10th</b> 2pm Lorraine <b>Arts &amp; Crafts</b> 	<b>11th</b> 2pm Steve Drinks at the local pub. 	<b>12th</b> Anagrams Try this wintry one... <b>SLAVELON</b>	<b>13th</b> <b>Singers</b> <b>"Ella and Bryony"</b> 
<b>14th</b> 2pm Steve <b>Mystery Tour</b> 	<b>15th</b> ♥ 2pm Lorraine/Kim <b>Tea and Cake at The Halfway Café</b> 	<b>16th</b> ♥ 2pm Quiz 	<b>17th</b> ♥ 2pm <b>The lovely ladies from Mindsong</b> 	<b>18th</b> ♥ 2pm Steve Drinks at the local pub 	<b>19th</b> ♥ Puzzles/ <b>11am Gong relaxation</b> 	<b>20th</b> Games and nails with Callie and Natalie
<b>21st</b> 2pm Steve 	<b>22nd</b> Trip to Weston-Super-Mare 	<b>23rd</b> 2pm Quiz 	<b>24th</b> 2pm Lorraine <b>Afternoon at the Races</b> 	<b>25th</b> 2pm Steve Drinks at the local pub chatting about the garden and spring.	<b>26th</b> Anagrams Try this wintry one... <b>RRIEEND</b>	<b>27th</b> <b>Singers</b> <b>"Ella and Bryony"</b> 
<b>28th</b> 2pm Steve <b>Cribbage</b> 	<b>29th</b> ♥ 11am G-FITNESS  Chit-Chat with Lorraine	<b>30th</b> 2pm Quiz 	<b>31st</b> 2pm <b>Mindsong choir</b> ..... <i>"This is the best activity ever"</i> 	"Please let us know what you enjoyed (or not) about this month's activities" ..... .....		<b>Next Month</b> <b>Valentine's Day</b> 
Remember that we have the Exercise Class every morning with Steve at 11am in the Main House and 11.30am in The Lodge						
<b>Before and after our main activity, the following are available</b>					Every Tuesday and Thursday we will be around with the shopping trolley	
<b>Monday</b> <b>Nail care</b>	<b>Tuesday</b> <b>Walks</b>	<b>Wednesday</b> <b>Reading</b>	<b>Thursday</b> <b>Games</b>	<b>Friday</b> <b>Shopping</b>		