

# January 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<b>1st</b> Quiz, 2pm Every Wednesday WARM UP Q Name the actors below and spot the odd one out?	<b>2nd</b> 2pm Steve The lovely ladies from Mindsong 	<b>3rd</b>  2pm Steve Come and join us at the pub, chatting about New Year's Resolutions	<b>4th</b> Word puzzles and Movie Matinee with Sophie	<b>5th</b> Quoits or/and Dominoes Competition 
<b>6th</b> 2pm Steve <b>"Singer"</b> Marel Lewis 	<b>7th</b> 11am G-Fitness 2pm Steve-Out and about and McDonalds Drive Thru 	<b>8th</b> 2pm Quiz 	<b>9th</b> 2pm Steve Minibus trip  2pm Lorraine 1 to 1 games in rooms	<b>10th</b>  2pm Steve Come and join us at the pub, chatting about favourite activities.	<b>11th</b> Dave's Quiz 11am Gong Relaxation 	<b>12th</b> Anagrams Try these topical ones... <b>OUTDEX SHEENIC</b>
<b>13th</b> 2pm Steve 	<b>14th</b> 2pm Steve Minibus Trip  2pm Lorraine with dogs	<b>15th</b> 	<b>16th</b>  2pm Steve & Mindsong 	<b>17th</b>  2pm Steve Come and join us at the pub. 	<b>18th</b> Pamper Day 	<b>19th</b> "National Popcorn Day" and Movie Matinee with Sophie
<b>20th</b> 2pm A trip to the Westonbirt Arboretum with Steve and Kim	<b>21st</b> 2pm Steve Making Chinese Lanterns 	<b>22nd</b> 2pm Quiz 	<b>23rd</b> 2pm Steve Minibus trip  2pm Lorraine 1 to 1 games in rooms	<b>24th</b>  2pm Steve-Pub <b>CHINESE SUPPER EVENING</b> 	<b>25th</b> Crossword Competition 	<b>26th</b> Dave's Quiz 
<b>27th</b> 2pm Steve Memory Games 	<b>28th</b> 2pm Steve Minibus Trip  2pm Lorraine with cute dogs	<b>29th</b> 2pm Quiz 	<b>30th</b> 2pm Steve Mindsong "This is the best activity ever" 	<b>31st</b> 2pm Steve Come and join us at the pub. 	  indicates start of Eng's Test Matches	

Remember that we have the Exercise Class every morning with Steve at 11am in the Main House and 11.30am in The Lodge

Before and after our main activity, the following are available

**Monday**  
Nail care

**Tuesday**  
Walks

**Wednesday**  
Reading

**Thursday**  
Games

**Friday**  
Shopping

Every Tuesday and Thursday we will be around with the shopping trolley