

# February 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
<b>29th January</b>	<b>30th January</b>	<b>31st January</b>	<b>1st</b>	<b>2nd</b>	<b>3rd</b>	<b>4th</b>
<p style="text-align: center;">2pm <b>Indoor Olympic Games with Kim</b></p> 	<p style="text-align: center;">2pm <b>Garden Centre Trip with tea and fruit cake</b></p> 	<p style="text-align: center;">2pm <b>The Quiz STARTER FOR 10 Name the animal stars below?</b></p> 	<p style="text-align: center;">2pm We are very privileged to welcome back the lovely ladies from <b>Mind Song</b></p> 	<p style="text-align: center;">2pm Drinks at the local pub chatting about being healthy in January</p> 	<p style="text-align: center;"><b>Puzzle Competition</b></p> 	<p style="text-align: center;"><b>11-1pm Music, singing and exercises/ Walk into town with Kim</b></p>
<b>5th</b>	<b>6th</b>	<b>7th</b>	<b>8th</b>	<b>9th</b>	<b>10th</b>	<b>11th</b>
<p style="text-align: center;">11am <b>G-FITNESS with Tanya</b> 2pm <b>BINGO!</b></p> 	<p style="text-align: center;">11am <b>Pamper Morning with Emma and Karen</b> 2pm  <b>SINGER</b></p>	<p style="text-align: center;">2pm <b>The Quiz</b></p> 	<p style="text-align: center;">2pm Walk around town with <b>Lorraine</b>. Stopping somewhere nice for coffee and cake.</p>	<p style="text-align: center;">2pm Drinks at the local pub chatting about animals</p> 	<p style="text-align: center;">11-1pm <b>Lets go to town</b></p> 	<p style="text-align: center;"><b>Puzzle Competition</b></p> 
<b>12th</b>	<b>13th</b>	<b>14th</b> 	<b>15th</b>	<b>16th</b>	<b>17th</b>	<b>18th</b>
<p style="text-align: center;">11am <b>Gong relaxation</b>  2pm <b>Hand massage</b></p>	<p style="text-align: center;">2pm <b>Chatting about "This and That" with Lorraine</b></p> 	<p style="text-align: center;">2pm <b>The Quiz</b></p>  Valentines Day Party	<p style="text-align: center;">2pm <b>"Mind Song" (Amberley Ladies Choir)</b> Come and sing along to some classics</p>	<p style="text-align: center;">2pm Drinks at the local Pub chatting about Valentine's Day</p> 	<p style="text-align: center;"><b>Puzzle Competition</b></p> 	<p style="text-align: center;"><b>11-1pm Music, singing and exercises/ Walk into town with Kim</b></p>
<b>19th</b>	<b>20th</b>	<b>21st</b>	<b>22nd</b>	<b>23rd</b>	<b>24th</b>	<b>25th</b>
<p style="text-align: center;">2pm <b>Dancing with Rachael and Kim.</b></p> 	<p style="text-align: center;">2pm <b>Trip to Soldiers of Gloucester Museum</b></p>	<p style="text-align: center;">2pm <b>The Quiz</b></p> 	<p style="text-align: center;">2pm <b>Lorraine and cute dogs</b></p> 	<p style="text-align: center;">11.30am <b>Residents meeting</b> 2pm Drinks at the local pub</p>	<p style="text-align: center;">11-1pm <b>Lets go to town</b></p> 	<p style="text-align: center;"><b>Puzzle Competition</b></p> 
<b>26th</b>	<b>27th</b>	<b>28th</b>			<p style="text-align: center;">"Please let us know what you enjoyed (or not) about this month's activities"</p>	
<p style="text-align: center;">2pm <b>Indoor Olympic Games with Kim</b></p> 	<p style="text-align: center;">11.30am <b>Lunch out at The Halfway Inn on Minchinhampton Common</b></p>	<p style="text-align: center;">2pm <b>The Quiz</b></p> 			<p style="text-align: center;">"Please let us know what you enjoyed (or not) about this month's activities"</p>	
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