

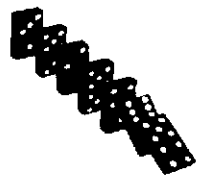











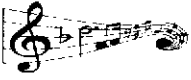


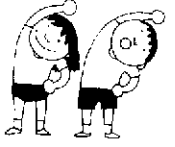




# February 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<p>The Quiz is every Wednesday at 2pm -WARM UP Q Can you name the fictional lovebirds below?</p>			<p>1st</p> <p>2pm The Pub Chatting about the snow and feeling grateful the pub is so close.</p>	<p>2nd</p> <p>Puzzle Competition</p> <p>Chit Chat with Maddie</p>	<p>3rd</p> <p>Games and nails with Callie and Natalie</p> 
<p>4th</p> <p>2pm Steve Dominoes</p> 	<p>5th</p> <p>2pm Lorraine Afternoon at the Races</p> 	<p>6th</p> <p>2pm Quiz</p> 	<p>7th</p> <p>2pm Mindsong 5pm Chinese New Year Party</p> 	<p>8th</p> <p>2pm Drinks at the local pub, chatting in front of a magical, log fire.</p>	<p>9th</p> <p>Anagrams Try this romantic one...</p> <p><b>SLEWFOR</b></p>	<p>10th</p> <p>Singers "Ella and Bryony"</p> 
<p>11th</p> <p>2pm Steve Mystery Tour</p> 	<p>12th</p> <p>2pm Lorraine Trip to Thistledown Café and Coaley Peak</p>	<p>13th</p> <p>2pm Quiz</p> 	<p>14th</p> <p>2pm Lorraine Arts &amp; Crafts</p> <p>Valentine's Day</p>	<p>15th</p> <p>2pm Drinks at the local pub, chatting about romantic encounters.</p>	<p>16th</p> <p>11am Gong relaxation</p>  <p>Chit Chat with Maddie</p>	<p>17th</p> <p>Games and nails with Callie and Natalie</p> 
<p>18th</p> <p>2pm Steve</p> 	<p>19th</p> <p>2pm Lorraine</p>  <p>Silent Disco</p>	<p>20th</p> <p>2pm Quiz</p> 	<p>21st</p> <p>2pm The lovely ladies from Mindsong</p> 	<p>22nd</p> <p>2pm The Pub To the pub, chatting about the wonders of sping and our birdboxes.</p>	<p>23rd</p> <p>Anagrams Try this romantic one...</p> <p><b>VISORDBEL</b></p>	<p>24th</p> <p>Chit chat and Nails with Maddy</p> 
<p>25th</p> <p>2pm Steve Cribbage</p> 	<p>26th</p> <p>11am G-FITNESS</p>  <p>2pm Chit-Chat with Lorraine</p>	<p>27th</p> <p>2pm Quiz</p> 	<p>28th</p> <p>2pm Walks around the town for shopping coffee and cakes</p> 	<p>"Please let us know what you enjoyed (or not) about this month's activities"</p> <p>.....</p> <p>.....</p>		<p>In March</p> <p>Shrove Tuesday St Patrick's Day Mothering Sunday</p>

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