

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		WARM UP WITH THESE QUESTIONS Name the famous football players?		1st 2pm Drinks at the local pub. Happy 50th Birthday, Jo	2nd Puzzle Competition 	3rd 2pm Music, singing and exercises/ Walk into town with Charlotte
4th 2pm Gardening Club with Steve 	5th 2pm Arts and Crafts 	6th 2pm Quiz 	7th 2pm Mindsong singalong choir are back <i>"This is the best activity ever"</i>	8th 2pm Drinks at the local pub chatting about England winning the World Cup 	9th Puzzles/ 11am Gong relaxation 	10th Lets go to town 
11th 2pm Board Games, Dominoes or Cards 	12th 12pm Kemble Airfield Trip 	13th 2pm Quiz 	14th 2pm Walk around town for shopping, tea and cake. 	15th 2pm Drinks at the local pub chatting about England winning the World Cup 	16th Puzzles 	17th 2pm Father's Day 
18th 2pm Out and about for Ice Creams 	19th 11am G-FITNESS 2pm Chit-Chat with Lorraine	20th 2pm Quiz 	21st 2pm "Mindsong" (Amberley Ladies Choir) <i>Come and sing along to some classics</i>	22nd 2pm Drinks at the local pub chatting about England winning the World Cup 	23rd Puzzle games 	24th Lets go to town 
25th 10.30am Trip to "WWT" in Slimbridge 	26th 2pm Outside Games with Steve 	27th 2pm Quiz 	28th 12.30pm B-B-Q 	29th 2pm Drinks at the local pub chatting about England winning the World Cup next time 	30th Dingbat Competition No 1. BEWEDLLS	

Remember that we have the Exercise Class every morning with Kim 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 Friday we will be around with the shopping trolley