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| <p>Monday</p> | <p>Tuesday</p> | <p>Wednesday</p> <p><u>WARM UP Q</u> Name the actors below? Bonus- Which film did they jointly appear?</p> | <p>Thursday</p> | <p>Friday</p> | <p>Saturday</p> <p>1st Music, singing and exercises</p> | <p>Sunday</p> <p>2nd Puzzles</p> |
| <p>3rd 2pm Games with Steve</p> | <p>4th 2pm Garden Centre trip</p> | <p>5th 2pm Quiz</p> | <p>6th 2pm Walks into town with Lorraine and Steve</p> | <p>7th 2pm Drinks at the local pub chatting about the trips during the week with Steve</p> | <p>8th Dingbat Competition Try this one...</p> <p>Midday T</p> | <p>9th ♥ Lets go to town</p> |
| <p>10th 2pm</p> <p>BINGO! with Steve</p> | <p>11th 11am G-FITNESS 2pm Chit-Chat with Lorraine and Steve</p> | <p>12th 2pm Quiz</p> <p>(10.30am Walk at Ruskin Mill)</p> | <p>13th 2pm Mindsong singalong choir are back <i>"This is the best activity ever"</i></p> | <p>14th 2pm Drinks at the local pub chatting about Autumn activities with Lorraine</p> | <p>15th Music, singing and exercises/ Walk into town</p> | <p>16th Puzzles</p> |
| <p>17th 2pm Boat Trip</p> <p>GARDEN CLUB</p> | <p>18th 2pm Lorraine and cute dogs</p> | <p>19th 2pm Quiz</p> | <p>20th 10.30am Gloucester Cathedral Trip</p> | <p>21st 2pm Drinks at the pub. A toast to Kim and Matt</p> | <p>22nd Midday KIM'S WEDDING DAY</p> | <p>23rd ♥ Lets go to town</p> |
| <p>24th 2pm MOVIE MATINEE The film showing will be the answer to the "WARM UP"</p> | <p>25th 2pm Arts and Crafts with Lorraine</p> | <p>26th 2pm Quiz</p> <p>(10.30am Cake making for Friday)</p> | <p>27th 2pm We are very privileged to welcome back the lovely ladies from Mind Song</p> | <p>28th</p> | <p>29th Music/ 11am Gong relaxation</p> | <p>30th Dingbat Competition Try this one...</p> <p>BAN ANA</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 Friday we will be around with the shopping trolley