

September 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		WARM UP Q Name the actors below? Bonus-Which film did they jointly appear? 				1st Dominoes & Board Games
2nd 2pm Steve "The Two Ronnies" tour of The Steppes	3rd 2pm Steve - "Singing for the Brain" and Chit Chat with Lorraine	4th 2pm Quiz 	5th 2pm Ice Creams 2pm Cute Dogs 	6th 2pm Steve <i>Come and join us at the pub, chatting about the cricket and favourite sports</i>	7th Dave's Quiz 	8th Crossword Competition
9th 2pm Slimbridge Wetlands Centre 	10th 11am G-Fitness 2pm Steve outdoor games or Chit Chat with Lorraine	11th 2pm Quiz 	12th Lorraine/Steve 2pm Mindsong "This is the best activity ever"	13th 2pm Steve <i>Come and join us at the pub, avoiding any black cats.</i>	14th 11am Gong Relaxation Manicures with Callie	15th Puzzles
16th 1pm Sailing 	17th 2pm Harp Workshop 2pm Cute Dogs	18th 2pm Quiz 	19th Willow Boat Trust Trip 	20th 2pm Steve <i>Come and join us at the pub for a chat-no sport or politics.</i>	21st Dave's Quiz 	22nd Dinbats...try this one FA ST 11am Singers "Ella and Bryony"
23rd Garden Centre with Kim 	24th 2pm Reminiscing with tea and cake in the garden/ Minibus trip	25th 2pm Quiz 	26th 2pm Mind-song 	27th 2pm Pub BAKE OFF	28th Walks to Mortimer Gardens	29th BOARD GAMES
30th 2pm Slimbridge Wetlands Centre					AND NOW IT'S 	

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