

NOVEMBER 2017

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
Oct 30th	Oct 31st	1st	2nd	3rd	4th	5th
<p>11am Experience the relaxing and blissful sound of a gong</p> <p>2pm Pumpkin Carving</p>	<p>2pm <i>Halloween Party</i></p> 	<p>2pm The Quiz Name the famous Australian landmarks below</p> 	<p>2pm We are very privileged to welcome back the lovely ladies from Mind Song</p> 	<p>2pm Drinks at the local pub.</p> <p>2.30pm Crystal Hearts jewellery shop</p> <p>5.30PM FIREWORKS</p>	<p>(Strictly Come Dancing BBC1) Puzzle Competition</p> 	<p>Bonfire Night</p> 
6th	7th	8th	9th	10th	11th	12th
<p>11am Relaxing Gong music</p> <p>2pm Trip to the nearby Garden Centre for shopping, coffee and cake</p>	<p>2pm "Danny" the dog is visiting for lots of patting and stroking.</p>	<p>2pm The Quiz</p> 	<p>2pm</p> 	<p>11.00am G-Fitness with Tanya</p> <p>2pm Drinks at the local Pub</p> 	<p>11-1pm Music, singing and exercises/ Walk into town with Kim</p>	
13th	14th	15th	16th	17th	18th	19th
<p>2pm Shopping trip into Nailsworth with Kim</p> 	<p>2pm Trip to "WWT Slimbridge Wetland Centre"</p> 	<p>2pm The Quiz</p> 	<p>2pm "Mindsong" (Amberley Ladies Choir) Come and sing along to some classics</p>	<p>11.30am Residents meeting</p> <p>2pm Drinks at the local pub</p> 	<p>(Strictly Come Dancing BBC1) Puzzle Competition</p> 	
20th	21st	22nd	23rd	24th	25th	26th
<p>2pm Dancing with Rachael and Kim. Keep your energy up with a "cream tea"</p>	<p>2pm Dominoes</p> 	<p>2pm The Quiz 3.30pm Piano man</p> 	<p>2pm</p> 	<p>2pm "NAILSWORTH NOEL and the Christmas lights" (see over page for details)</p>	<p>11-1pm Lets go to town</p> 	
27th	28th	29th	30th	Coming next month		<p>"Please let us know what you enjoyed (or not) about this month's activities"</p>
<p>2pm Movie matinee</p> 	<p>2pm Wordsearches and Crosswords</p> 	<p>2pm The Quiz</p> 	<p>2pm Mindsong are back for some more music therapy. "This is the best activity ever"</p>			
Before and after our main activity, the following are available					Every Tuesday and Friday Nic will be around with his shopping trolley	
Monday	Tuesday	Wednesday	Thursday	Friday		
Nail care	Walks	Reading	Games	Shopping		