


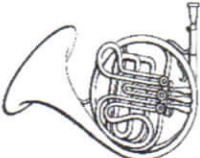




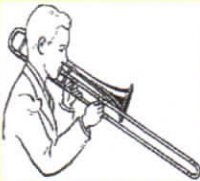














Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<p>2pm Quiz WARM UP Q Can you name the musical instruments below?</p>	<p>1st 10am Creative Age Dementia Café / 2pm Arts and Crafts with Lorraine</p>	<p>2nd 2pm Drinks at the local pub in front of a warm, log fire chatting about Bonfire night on Monday</p>	<p>3rd Puzzles</p> 	<p>4th Music, singing and exercises/ Walk into town</p>
<p>5th 5 ish BONFIRE NIGHT</p> 	<p>6th 11am G-FITNESS 2pm Cribbage with Steve</p> 	<p>7th 2pm Quiz</p> 	<p>8th 2pm Mindsong singalong choir are back "This is the best activity ever" 10am Creative Age</p>	<p>9th 10am Drinks at the local pub. Come up with some ideas for trips in our new bus</p> 	<p>10th Wordsearch or Dingbats Try this one... MOEK</p>	<p>11th Remembrance Sunday</p> 
<p>12th 2pm Shopping trip on the minibus</p> 	<p>13th 2pm Trip to Westonbirt Arboretum</p> 	<p>14th 2pm Quiz</p> 	<p>15th 10am Creative Age Dementia Café / 2pm Start the Christmas cake with Rachael</p>	<p>16th 2pm Drinks at the local pub</p> 	<p>17th Puzzles/ 11am Gong relaxation</p> 	<p>18th Music, singing and exercises/ Walk into town</p>
<p>19th 2pm Draughts and Chess with Steve</p> 	<p>20th 2pm ZOO LAB</p> 	<p>21st 2pm Quiz</p> 	<p>22nd 2pm We are very privileged to welcome back the lovely ladies from Mind Song 10am Creative Age</p>	<p>23rd 2pm Drinks at the local pub chatting about the Goodwill Evening in Nailsworth</p> 	<p>24th Wordsearch or Dingbats Try this one... AGE A G E AGE</p>	<p>25th Games and walks with Callie</p> 
<p>26th INDIAN RESTAURANT LUNCH 2pm MOVIE MATINEE</p> 	<p>27th 2pm Making mince pies, yummy</p> 	<p>28th 2pm Quiz</p> 	<p>29th 2pm Lorraine and cute dogs</p> 	<p>30th 11.30 Resident's Meeting 2pm Visit the local pub followed by Nailsworth Goodwill Evening celebrating with the town. And switching on of our Christmas tree lights</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
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