






















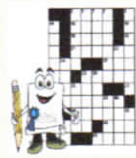






Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		2pm Quiz-Every Wednesday WARM UP Q Can you name actors and the fictional characters below?			1st Puzzles 	2nd Music and singing
3rd 2pm Christmas with Steve  sorry not Christmas... Cribbage with Steve	4th 11am G-Fitness 2pm Garden Centre for Christmas Shopping 	5th 	6th 2pm Mindsong singalong choir are back "This is the best activity ever" 10am Creative Age	7th 2pm Drinks at the local pub having a chat about the Nailsworth Noel celebrations 	8th Christmas Anagrams Try this one... ASCLRO 	9th Games and nails and chit chat with Callie and Natalie
10th 2pm Christmas 	11th 2pm To the Supermarket for Christmas Shopping 	12th 	13th 2.15pm NAILSWORTH SILVER BAND	14th 2pm Local pub 6pm PANTO 	15th Puzzles/ 11am Gong relaxation 	16th Singers "Ella and Bryony"
17th 2pm CHRISTMAS ARTS AND CRAFTS 	18th 2pm Thank you for everything  Cake making for Mindsong with Lorraine	19th 	20th 2pm We are very privileged to welcome back the lovely ladies from Mind Song 	21st 2pm Pub 5.30pm Staff Christmas Carols 	22nd Christmas Anagrams Try this one... NESTIL 	23rd Games and nails and chit chat with Callie and Natalie
24th 2pm CHRISTMAS EVE'S QUIZ with a twist	25th 	 BOXING DAY FILM, "IT'S A WONDERFUL LIFE" 2PM	27th 2pm Lorraine and cute dogs 	28th 2pm Dancing and Singing with Rachael and Emma 	29th Puzzles 	30th Music, singing and exercises/walks 
 <h1 style="display: inline;">31st NEW YEAR'S EVE</h1> 						
<p>Remember that we have the Exercise Class every morning with Steve at 11am in the Main House and 11.30am in The Lodge-although we might give New's Years Day a miss </p>						
Before and after our main activity, the following are available					Every Tuesday and Thursday we will be around with the shopping trolley	
Monday Nail care	Tuesday Walks	Wednesday Reading	Thursday Games	Friday Shopping		