

30th September — 6th October 2017

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## ♡ Saturday

Hot chocolate morning and manicures with Emma, Jennifer, Bernadette and Vanessa

## ♡ Sunday

Enjoy an aperitif before your Sunday lunch in the conservatory

## ♡ Monday

Plan your Christmas and New Year meals with Sheri and staff in the conservatory from 11:30

## ♡ Tuesday

John Paul Miller is here to entertain you from 11:00 in the conservatory

The library is out of action today for staff training—apologies for the inconvenience caused

## ♡ Wednesday

Jean our hairdresser is here today

Flower arranging with Joyce from 11:30 in the conservatory

## ♡ Thursday

Gill, our nursing hairdresser is here from 09:30

Smoothie morning from 11:00

## ♡ Friday

An outing with Lee and staff for those who would like to go from 11:30

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[www.valeriem Manor.co.uk](http://www.valeriem Manor.co.uk)

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## Outings in the Jalopy

These will be decided on a Monday depending on the weather for the week. Please let us know if there is anywhere in particular you would like to visit:

## Strolls around the Gardens

Please ask a member of staff if you feel like a stroll in the gardens. Staff are also encouraged to assist residents into the gardens on a sunny day to enjoy the sunshine and fresh air.

## Suggestions Box

Please feel free to let us know any suggestions you have for activities:

*\* Please ask the staff at any time if there is a video you would like to watch or participate in any games, indoor or outdoor that are not on the activities menu. We apologise for any last minute changes to the schedule.*