

8th December to 14th December 2018

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## ∞ Saturday

Hot Chocolate Morning in the Conservatory from 11:00. We have some lovely festive hot drinks for you to try—we promise not to forget the cream and marshmallows!

## ∞ Sunday

Robin and Sally-Ann's Dance School are visiting with some of the children. They promise to make you smile with a display of ballet, tap and modern dance! Starting at 4:00 in the Conservatory!

## ∞ Monday

Wear it Festive! Staff at Valerie Manor will be dressing up in aid of St Barnabas today—perhaps you have a Christmas jumper tucked away and would like to get involved?!

The Towers Convent School will be offering a carol service at 10:45.

## ∞ Tuesday

Lynda will be visiting us to entertain with her Clarinet and Piano. From 11:00

## ∞ Wednesday

Robin's adults dancers will be visiting in the afternoon from 4:00 with a display of both tap and modern dance!

Carolyn the reflexologist will be here from 10:00

Jean the Hairdresser is here for those who'd like to see her from 09:30

## ∞ Thursday

Rev. Graeme and his congregation will be offering a Christmas service from 11:00 in the conservatory

High Tea in the Conservatory at 3:30

Gill the Hairdresser here from 9:30

## ∞ Friday

An outing with Lee in the Jalopy for those who would like! Leaving Valerie Manor at around 11:00

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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.*