

26th January—1st February 2019

Page 1

## ∞ Saturday

Hot chocolate morning from 11:00. with friends and staff in the conservatory or in your bedroom

## ∞ Sunday

Enjoy and aperitif in the conservatory with friends from 12:00

We have a special birthday celebration this afternoon so the conservatory will be out of action between 2 and 5:30pm

## ∞ Monday

Robin is here for exercises from your chair and a reminiscence session from 11:30 in the conservatory

## ∞ Tuesday

Flower arranging with Joyce in the conservatory from 11:30

## ∞ Wednesday

Holy Communion at 11:00 in the Conservatory with Reverend Graeme

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

## ∞ Thursday

Celebrate Zoe's 11th Year Anniversary with relatives, staff and friends from 5:30—7pm in the conservatory

Gill the Hairdresser here from 9:30

## ∞ Friday

Lee is here for an outing for those who would like to go from 11:00

*Continued over the page...*

26th January—1st February 2019

Page 2

## 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.*