

27th April until 3rd May 2019

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## ∞ Saturday

Hot chocolate morning—unfortunately the sunshine has gone away again so let's warm ourselves up with a hot chocolate from 11:15 in the conservatory!

## ∞ Sunday

Enjoy an aperitif with fellow residents before Sunday lunch, in the conservatory at 12:00

## ∞ Monday

Robin is here with exercises and a remission session from 11:00—  
Its 'International Dance Day!' today! Perhaps we can have a boogie!  
Robin will be back at 6:30 to do bud vases

## ∞ Tuesday

An outing with Lee in the Jalopy for those who would like to go out and about.  
Leaving at around 10:30

## ∞ Wednesday

A Cheese and Wine evening with Lucy and staff for supper!  
Jean the Hairdresser is here for those who would like to see her from 09:30  
Gill the Hairdresser here from 9:30 (Is not available Thursday this week)

## ∞ Thursday

Chris the podiatrist will be here all morning for those who would like to see him from 9:30

## ∞ Friday

A Jigsaw afternoon with Lucy from 2:30pm in the conservatory

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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.*