

# November 2023

## Lounge, Garden Room, Dining Room



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		<b>1</b> <b>10:00am:</b> Exercises with Sarah <b>10:30am:</b> Coffee And Conversation <b>11:00am:</b> Armchair Travel - Norway with Matt <b>11:00am:</b> Sensory With Sarah <b>1:00pm:</b> Lunch <b>2:30pm:</b> Book Club with volunteer Richard <b>2:30pm:</b> Floor Games With Matt <b>5:00pm:</b> Supper	<b>2</b> <b>10:00am:</b> Exercises with Lauren <b>10:30am:</b> Coffee And Conversation <b>11:00am:</b> Arts And Crafts With Lauren <b>11:00am:</b> Getting To Know You With Matt <b>11:00am:</b> Higher or lower with Sarah <b>1:00pm:</b> Lunch <b>2:30pm:</b> Poppy Craft With Lauren <b>2:30pm:</b> Presentation by resident Jerry <b>2:30pm:</b> Reminiscing About Guy Fawkes With Sarah <b>2:30pm:</b> Scrabble With Matt <b>5:00pm:</b> Supper	<b>3</b> <b>10:00am:</b> Exercises with Lauren <b>10:30am:</b> Coffee And Conversation <b>11:00am:</b> Arts & Crafts with Lauren <b>11:00am:</b> Word Games With Matt <b>11:15am:</b> Guess What's In The Bag With Sarah <b>1:00pm:</b> Lunch <b>2:30pm:</b> History of Prime Ministers pt.3 with Matt <b>2:30pm:</b> Knit And Natter with volunteers Caroline and Julie <b>2:30pm:</b> Pet Therapy- Get To Know Graham With Lauren <b>5:00pm:</b> Supper	<b>4</b> <b>10:00am:</b> Exercises <b>10:45am:</b> Coffee And Conversation <b>1:00pm:</b> Lunch <b>2:30pm:</b> Bingo - Deb <b>5:00pm:</b> Fireworks Party <b>5:00pm:</b> Supper	<b>5</b> <b>10:00am:</b> Exercises <b>11:30am:</b> Rummage Box <b>1:00pm:</b> Lunch <b>2:30pm:</b> Film Club <b>5:00pm:</b> Supper
<b>6</b> <b>10:00am:</b> Exercises with Lauren <b>10:30am:</b> Coffee And Conversation <b>11:00am:</b> Sensory With Lauren <b>11:30am:</b> Morning Worship With Rev Jane <b>1:00pm:</b> Lunch <b>2:30pm:</b> Beanbag Toss With Lauren <b>2:30pm:</b> Knit And Natter with volunteers Caroline and Julie <b>5:00pm:</b> Supper	<b>7</b> <b>10:00am:</b> Exercises with Matt <b>10:30am:</b> Coffee And Conversation <b>11:00am:</b> Mindfulness With Deb <b>11:00am:</b> Short Stories - Greek Myths with Matt <b>11:00am:</b> Tuneful Tuesday with Sarah <b>1:00pm:</b> Lunch <b>2:30pm:</b> Colouring Mandalas with Matt <b>2:30pm:</b> General Knowledge Quiz with Sarah <b>2:30pm:</b> Whist With Deb <b>5:00pm:</b> Supper	<b>8</b> <b>9:15am:</b> Nail Bar With Lauren In The Beauty Room <b>10:00am:</b> Exercises with Sarah <b>10:30am:</b> Coffee And Conversation <b>11:00am:</b> Armchair Travel - Greece with Matt <b>11:00am:</b> Give Me 5 With Sarah <b>1:00pm:</b> Lunch <b>2:30pm:</b> Book Club with volunteer Richard <b>2:30pm:</b> Card Making With Lauren <b>2:30pm:</b> Nature Program With Matt <b>5:00pm:</b> Supper	<b>9</b> <b>10:00am:</b> Exercises with Lauren <b>10:30am:</b> Coffee And Conversation <b>11:00am:</b> Finish The Proverbs With Deb <b>11:00am:</b> On This Day With Lauren <b>1:00pm:</b> Lunch <b>2:30pm:</b> Balloon Games With Deb <b>2:30pm:</b> Presentation by resident Jerry <b>2:30pm:</b> Silhouette Painting With Lauren <b>5:00pm:</b> Supper	<b>10</b> <b>10:00am:</b> Exercises with Matt <b>10:30am:</b> Coffee And Conversation <b>11:00am:</b> Pet Therapy - Lauren <b>11:00am:</b> Story Of England -English Heritage with Matt <b>1:00pm:</b> Lunch <b>2:30pm:</b> Gardening Club <b>2:30pm:</b> Knit And Natter with volunteers Caroline and Julie <b>5:00pm:</b> Supper	<b>11</b> <b>10:00am:</b> Exercises <b>10:45am:</b> Coffee And Conversation <b>11:00am:</b> Remembrance <b>1:00pm:</b> Lunch <b>2:30pm:</b> Brain Training - Matt <b>5:00pm:</b> Supper	<b>12</b> <b>9:00am:</b> Remembrance Sunday <b>10:00am:</b> Exercises <b>11:30am:</b> Rummage Box <b>1:00pm:</b> Lunch <b>2:30pm:</b> Film Club <b>5:00pm:</b> Supper
<b>13</b> <b>9:00am:</b> Hairdresser <b>10:00am:</b> Exercises with Matt <b>10:30am:</b> Coffee And Conversation <b>10:45am:</b> Arts and crafts With Lauren <b>11:00am:</b> Quirkle With Matt <b>11:30am:</b> Morning Worship <b>1:00pm:</b> Lunch <b>2:15pm:</b> Reminiscence With Lauren <b>2:30pm:</b> Knit And Natter with volunteers Caroline and Julie <b>2:30pm:</b> Musical Guests Hoodwink <b>2:30pm:</b> Short Stories With Matt <b>5:00pm:</b> Supper	<b>14</b> <b>10:00am:</b> Exercises with Deb <b>10:30am:</b> Coffee And Conversation <b>11:00am:</b> Scrabble With Deb <b>11:00am:</b> Tuneful Tuesday with Matt <b>1:00pm:</b> Lunch <b>2:30pm:</b> Card Games With Deb <b>2:30pm:</b> General Knowledge Quiz with Matt <b>5:00pm:</b> Supper	<b>15</b> <b>10:00am:</b> Exercises with Deb <b>10:30am:</b> Coffee And Conversation <b>11:00am:</b> Armchair Travel - Japan with Matt <b>11:00am:</b> Quirkle With Deb <b>1:00pm:</b> Lunch <b>2:30pm:</b> Book Club with volunteer Richard <b>2:30pm:</b> Elvis - Dining Room <b>2:30pm:</b> Presentation by resident Jerry <b>5:00pm:</b> Supper	<b>16</b> <b>10:00am:</b> Exercises with Lauren <b>10:30am:</b> Coffee And Conversation <b>11:00am:</b> Arts And Crafts With Lauren <b>11:00am:</b> Flags Of The World Quiz With Matt <b>1:00pm:</b> Lunch <b>2:30pm:</b> Cotton Balls & Pegs With Lauren <b>2:30pm:</b> Elvis - Dining Room <b>2:30pm:</b> Presentation by resident Jerry <b>5:00pm:</b> Supper	<b>17</b> <b>10:00am:</b> Exercises with Lauren <b>10:30am:</b> Coffee And Conversation <b>11:00am:</b> Arts & Crafts with Lauren <b>11:00am:</b> Hoopla With Matt <b>1:00pm:</b> Lunch <b>2:30pm:</b> Knit And Natter with volunteers Caroline and Julie <b>2:30pm:</b> Trivia With Lauren <b>5:00pm:</b> Supper	<b>18</b> <b>10:00am:</b> Exercises <b>10:45am:</b> Coffee And Conversation <b>1:00pm:</b> Lunch <b>2:30pm:</b> Bingo - Deb <b>5:00pm:</b> Supper	<b>19</b> <b>10:00am:</b> Exercises <b>11:30am:</b> Rummage Box <b>1:00pm:</b> Lunch <b>2:30pm:</b> Film Club <b>5:00pm:</b> Supper
<b>20</b> <b>10:00am:</b> Exercises with Lauren <b>10:30am:</b> Coffee And Conversation <b>11:00am:</b> Sensory With Lauren <b>11:30am:</b> Morning Worship With Rev Jane <b>1:00pm:</b> Lunch <b>2:30pm:</b> Knit And Natter with volunteers Caroline and Julie <b>2:30pm:</b> Whiteboard Games With Lauren <b>5:00pm:</b> Supper	<b>21</b> <b>10:00am:</b> Exercises with Deb <b>10:30am:</b> Coffee And Conversation <b>11:00am:</b> Morning Of The Opera With Deb <b>11:00am:</b> Tuneful Tuesday with Matt <b>1:00pm:</b> Lunch <b>2:30pm:</b> General Knowledge Quiz with Matt <b>2:30pm:</b> Table Games With Deb <b>2:30pm:</b> Whist With Deb <b>5:00pm:</b> Supper	<b>22</b> <b>10:00am:</b> Exercises with Lauren <b>10:30am:</b> Cathedral Visit With Kate <b>10:30am:</b> Coffee And Conversation <b>11:00am:</b> Armchair Travel - Matt TBC <b>1:00pm:</b> Lunch <b>2:30pm:</b> Book Club with volunteer Richard <b>2:30pm:</b> Nature Program With Matt <b>5:00pm:</b> Supper	<b>23</b> <b>9:00am:</b> On This Day With Deb <b>10:00am:</b> Exercises with Lauren <b>10:30am:</b> Coffee And Conversation <b>11:00am:</b> Dominoes With Lauren <b>11:00am:</b> Hoopla With Deb <b>1:00pm:</b> Lunch <b>2:30pm:</b> Presentation by resident Jerry <b>5:00pm:</b> Supper	<b>24</b> <b>10:00am:</b> Exercises with Matt <b>10:30am:</b> Coffee And Conversation <b>11:00am:</b> Pet Therapy - Lauren <b>11:00am:</b> Story Of England -English Heritage With Matt <b>1:00pm:</b> Lunch <b>2:30pm:</b> Gardening Club <b>2:30pm:</b> Knit And Natter with volunteers Caroline and Julie <b>5:00pm:</b> Supper	<b>25</b> <b>10:00am:</b> Exercises <b>10:45am:</b> Coffee And Conversation <b>1:00pm:</b> Lunch <b>2:30pm:</b> Brain Training <b>5:00pm:</b> Supper	<b>26</b> <b>10:00am:</b> Exercises <b>11:30am:</b> Rummage Box <b>1:00pm:</b> Lunch <b>2:30pm:</b> Film Club <b>5:00pm:</b> Supper
<b>27</b> <b>9:00am:</b> Hairdresser <b>10:00am:</b> Exercises with Lauren <b>10:30am:</b> Coffee And Conversation <b>11:00am:</b> Short Stories with Lauren <b>11:30am:</b> Morning Worship <b>1:00pm:</b> Lunch <b>2:30pm:</b> Catch Up On The News With Lauren <b>2:30pm:</b> Knit And Natter with volunteers Caroline and Julie <b>5:00pm:</b> Supper	<b>28</b> <b>10:00am:</b> Exercises with Deb <b>10:30am:</b> Coffee And Conversation <b>11:00am:</b> Name that tune With Deb <b>11:00am:</b> Tuneful Tuesday with Sarah <b>1:00pm:</b> Lunch <b>2:30pm:</b> Card Games With Deb <b>2:30pm:</b> General Knowledge Quiz with Sarah <b>5:00pm:</b> Supper	<b>29</b> <b>10:00am:</b> Exercises with Sarah <b>10:30am:</b> Coffee And Conversation <b>11:00am:</b> Armchair Travel - Somerset and Dorset with Deb <b>11:00am:</b> Scrabble With Sarah <b>1:00pm:</b> Lunch <b>2:30pm:</b> Book Club with volunteer Richard <b>2:30pm:</b> Floor Games With Deb <b>5:00pm:</b> Supper	<b>30</b> <b>10:00am:</b> Exercises with Sarah <b>10:30am:</b> Coffee And Conversation <b>11:00am:</b> Flying Scotsman Documentary <b>11:00am:</b> Residents Meeting <b>1:00pm:</b> Lunch <b>2:30pm:</b> Card Making With Lauren <b>2:30pm:</b> Presentation by resident Jerry <b>2:30pm:</b> St Andrew's Day- Scotland Quiz With Lauren <b>5:00pm:</b> Supper			