



Activities 11-17 Oct

SUNDAY 11 October	10.30 Trip to Kinloss Synagogue for those booked 11.00 Schmooze with Sharon 12.00 Ball games 2.00 Relax to TV programmes 3.30 Film
MONDAY 12 October	11.00 Crosswords, verbal clues and hints 12.00 Ball games 2.00 Relax to TV programmes 3.30 Skittles 5.00 Raezelle's piano music
TUESDAY 13 October	TRIP to Brent Cross – please see Robyn if interested 11.00 Sharon – reminiscence chat 12.00 Exercise class with Sara 2.00 Relax to TV programmes 3.30 Pirkei Avot discussion with Sara B
WEDNESDAY 14 October	11.00 ART 12.00 Della's piano music 2.00 Relax to TV programmes 3.30 Indoor Gardening
THURSDAY 15 October	11.00 French conversation / Esther's baby group 11.30 Poetry & quiz 12.00 Ball games 2.00 Relax to TV programmes 3.30 CONCERT with Camilo (new) 5.00 Annette Golker, D'var Torah
FRIDAY 16 October	11.00 Coffee & chat 11.30 Exercise class 12.00 Shira's Kabbalas Shabbos music 3.30 Flower arranging 5.50 Shabbat starts Mincha & Ma'ariv 6.30 Supper
SATURDAY 17 October	9.30 Shacharis followed by Kiddush 2.30 Scrabble and board games, ball games 5.30 Mincha, Shabbos Noach ends 6.50 Maariv

When the weather is good, we encourage residents to sit outside.

Breakfast is available in your room or in the dining room

From 10.30 am Morning tea and coffee downstairs

Lunch is served from 12.30 upstairs, and at 1.00 pm in the Dining Room

Afternoon Tea/Coffee and cake is 4.00 pm in the downstairs Lounge on days when a dairy meal is served, or 4.30 pm after a meat meal.

Supper is served from 5.30 upstairs, and at 6.00 pm in the Dining Room

The Hairdresser visits once a week – please ask Reception for more information.