

ACTIVITIES FOR THE COMING WEEK TWO

Monday 14th October



Michelle D/O

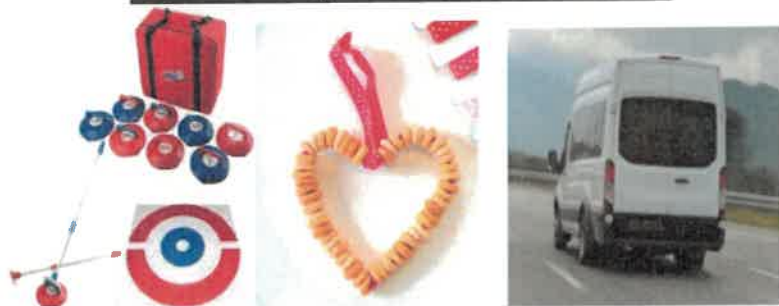
10:45am Shop Trolley with Mary
11am Shane Happy Harmonies
 Activity room (Liz)

Pre-Lunch Drinks in Main Lounge

2pm Rummy with Ruth
 (Main Lounge)

2pm Music for Wellbeing on **Quantock**
 (Liz)

Tuesday 15th October



11am Curling for all

(Liz & Michelle) (Activity room)

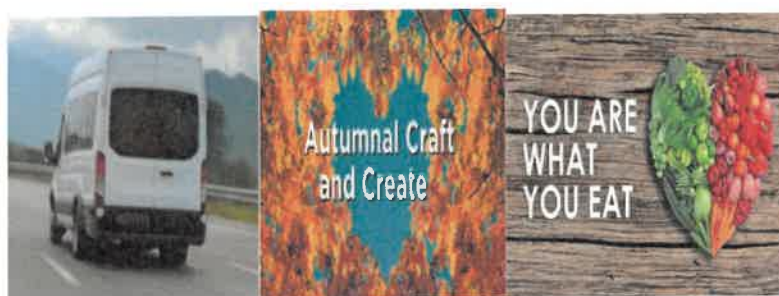
11am Wild life feed Craft with Jan
 (Quantock unit)

Pre-Lunch Drinks in Main Lounge

2pm Café outing 'TBC'

Jan, Liz, Michelle & Sue

Wednesday 16th October



10am 'Drive-thru drinks Outing'
 (Jan & Liz)

Pre-Lunch Drinks in Main Lounge

1:30pm Heads of department meeting
 (Jan)

2pm 'Autumnal craft'

Michelle & Jan (Quantock unit)

2pm 'You are what you eat talk with Liz'
 (Activity room)

Thursday 17th October



Michelle D/O

10:45am Chris Clarke Entertains
 (Quantock Sunroom for all units)
 (Liz & Jan)

1:45pm Staff Meeting activity room

Pre-Lunch Drinks in Main Lounge

2pm Helen Tranquil Moments
 (Quantock Sunroom for all units)

Friday 18th October



10:45am Manicure with Michelle
 (Main Lounge)

10:45am Knitting Club & Sewing club for
 all
 (The Grange). (Liz & Jan)

Pre-Lunch Drinks in Main Lounge

2pm Sing -A-Long for all
 (Quantock unit)

Saturday 19th October

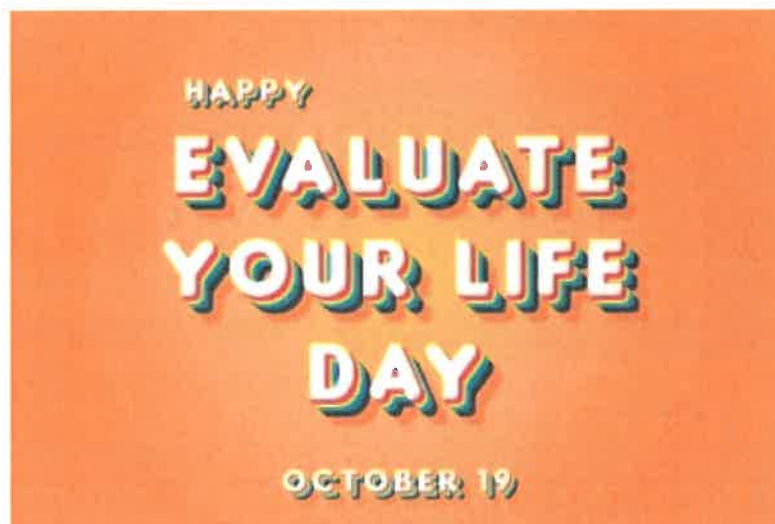


10:45am Manicure with Michelle on
(Quantock unit)
AM Scrabble & Games in
Main Lounge
Pre-Lunch Drinks in Main Lounge
2pm Activities with Michelle
Flower Arranging for all
(Residential unit)

Sunday 20th October



10:45am Activities with Michelle
Pre-Lunch Drinks in Main Lounge
2pm Activities with Michelle
on Quantock
2pm 'Music with Monty'
(Michelle) Activity Room



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Evaluate Your Life Day comes up every year on October 19, offering a time to reflect on our lives with the aim of becoming better versions of ourselves. It gives us the opportunity to check in with ourselves and assess whether we're still on the right track!!