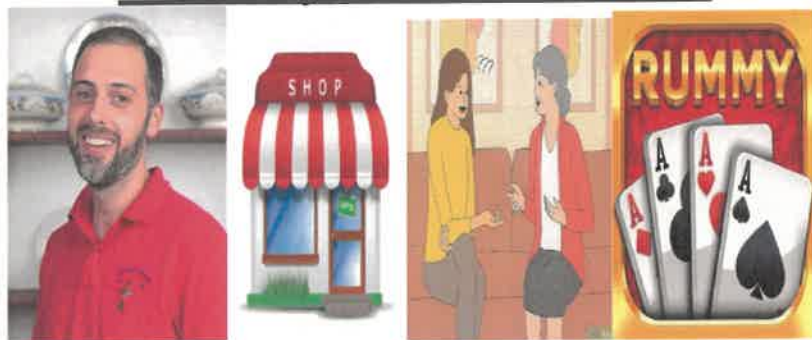


# ACTIVITIES FOR THE COMING WEEK ONE

## Monday 18<sup>th</sup> November



**Liz AL**

10:45am Exercise with Shane (Jan)  
(Activity room)

10:45am Shop Trolley with Mary

10:45am 'One to Ones' with Michelle  
(All units)

**12pm Drinks in Main Lounge**

2pm Rummy with Ruth (Main Lounge)

2pm Display board Craft on Quantock  
(Jan & Michelle)

## Tuesday 19<sup>th</sup> November



**Michelle D/O**

**Liz AL**

10:45am Hand massage on  
Quantock with Jan

**12pm Drinks in Main Lounge**

2pm 'Christmas Craft Fayre Craft'

Making handmade gift tags  
(Jan & Sue) (Activity Room)

## Wednesday 20<sup>th</sup> November



**Liz AL**

10:45am Watercolors for All units  
(Quantock Sunroom)

Jan & Michelle

**12pm Drinks in Main Lounge**

1:45pm Oake Manor golf club  
Café Outing (Paul, Jan & Michelle)

## Thursday 21st November



**Michelle 2-8**

10am Drive out with drive-thru drinks  
(Liz & Jan)

**12pm Drinks in Main Lounge**

2pm Helen Tranquil Moments  
for all units (Activity Room)

6pm Quiz for all with Michelle  
(Main Lounge)

## Friday 22nd November



**AM: Jan Training**

10:45am Music for wellbeing on  
Quantock unit (Liz)

10:45am Manicure with Michelle  
(Main Lounge)

**12pm Drinks in Main Lounge**

**PM: Liz & Michelle Training**

2pm Scrabble (Main Lounge)

**Saturday 23rd November**

**ACTIVITIES**

**10:45am** Activities with Sophie  
(Quantock Unit)

**12pm Drinks in Main Lounge**

**2pm** Activities with Sophie on  
(Main unit/Apartments)

**Sunday 24th November**

**ACTIVITIES**

**10:45am** Activities with Sophie  
Main unit/Apartments

**12pm Drinks in Main Lounge**

**2pm** Activities with Sophie  
(Quantock Unit)



Stir-up Sunday is a tradition of making the Christmas pudding on the last Sunday before Advent. In 2024

It falls on November 24th and is also related to the start of Advent and other observances.