

Activities Calendar Nov 2017

Sun	Mon	Tue	Wednesday	Thu	Friday	Sat
			Daily general knowledge and word quizzes; coffee and chat; topics of interest discussions		Daily general knowledge and word quizzes; coffee and chat; topics of interest discussions	
			1 Christmas craft with Jan Musical balloon swatting Beetle drive and bowls	2	3 Christmas craft with Jan Strengthening session Bingo afternoon	4
5	6	7	8 Tracey's chair stretching Brain games Sing the oldies	9	10 Health corner- fruit and nuts Rex' keyboard dancing Clothes-line races	11
12	13	14	15 Craft continued with Jan Chair basketball Hoop-the-sweets	16	17 Service with Eileen Who wants to be a millionaire? Bowls	18
19	20	21	22 Strengthening session Action charades Bowls	23	24 Craft continued with Jan Strengthening session Cyril's songs	25
26	27	28	29 GARDEN CENTRE TRIP OUT Indoor golf, parachute Ipad music choices	30		

Menu

Week 1	Week 2	Week 3	Week 4	Week 5
Wed 1 st Nov	Wed 8 th Nov	Wed 15 th Nov	Wed 22 nd Nov	Wed 29 th Nov
Baked Fish with Lemon Cream Sauce	Gammon and Pineapple	Homemade Lasagne	Chicken and Mushroom Pie	Liver and Bacon Casserole
Fri 3 rd Nov	Fri 10 th Nov	Fri 17 th Nov	Fri 24 th Nov	Wed
Sausages, Mustard Mash and Onion Gravy	Chicken Casserole	Salmon Fillet in Cheese and Spinach Sauce	Roast Pork with stuffing	

Dislikes from the questionnaire will be catered for