

# Parks Active Living Centre



<b>Menu May 2017</b>				
<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>	<b>Week 5</b>
Wed 3 <sup>rd</sup> May	Wed 10 <sup>th</sup> May	Wed 17 <sup>th</sup> May	Wed 24 <sup>th</sup> May	Wed 31 <sup>st</sup> may
<b>Roast Beef</b> ( from Minehead First School)	<b>Sausage &amp; Mash</b> ( from Minehead First School)	<b>Chicken in Cheese &amp; Ham Sauce</b>	<b>Fish and Chips</b>	<b>Meatballs in Tomato Gravy)</b>
Fri 5 <sup>th</sup> May	Fri 12 <sup>th</sup> May	Fri 19 <sup>th</sup> May	Fri 26 <sup>th</sup> May	
<b>Fishermen's Pie</b> ( from Minehead First School)	<b>Turkey, Bacon &amp; Leek Pie</b> ( from Minehead First School)	<b>Loin of Pork with Apple Stuffing</b>	<b>Lorne Sausage with Yorkshire Pudding</b>	)

# Activities Calendar May 2017

Sun	Mo	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	2	<b>3</b> <b>Chair yoga with Tracey</b> <b>Current affairs discussion</b> <b>Clothes-line races</b>	<b>4</b>	<b>5</b> <b>Clive's confectionary demo pt 1</b> <b>Chair basketball</b> <b>Annual seed planting ☀</b>	6
7	8	9	<b>10</b> <b>Reminiscing- sporting memories</b> <b>Indoor golf</b> <b>Sing the oldies 🎵</b>	<b>11</b>	<b>12</b> <b>Clive's confectionary demo pt 2</b> <b>Charades</b> <b>Beetle drive and bowls</b>	13
14	15	16	<b>17</b> <b>Service with... TBA</b> <b>Flexercise and ball toss</b> <b>Afternoon bowls and games</b>	<b>18</b>	<b>19</b> <b>Sara's music workshop 🎵</b> <b>Reminiscing- party memories</b> <b>Coconut shy and Articulate quiz</b>	20
21	22	23	<b>24</b> <b>Health corner- Berry smoothies</b> <b>Musical balloon swatting</b> <b>Beanbag toss competition</b>	<b>25</b>	<b>26</b> <b>Free Press news discussion</b> <b>Rex's keyboard and dancing</b> <b>Cyril's songs; game of bowls</b>	27
28	29	30	<b>31 *Think of your favourite song*</b> <b>Minehead Harbour trip out ☀</b> <b>Parachute; Golden Olympics</b> <b>*Music request hour 🎵</b>			