

Activities Calendar Sep 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 Rita- Learn Rummikub Basketball challenge School charades	2
3	4	5	6 PORLOCK WEIR TRIP OUT Indoor golf Sing the oldies	7	8 PORLOCK WEIR TRIP OUT Bowls/ washing line races Beanbag targets and quoits	9
10	11	12	13 Chair yoga with Tracey Pet reminiscing Cyril's songs	14	15 Health- improve your <i>SLEEP!</i> Strengthening session Exmoor National Park visitor	16
17	18	19	20 Gemma- Shakespeare's life Musical balloon swatting Bingo	21	22 Service with Wendy Ball toss/ brain games Beetle drive	23
24	25	26	27 Strengthening session Who Wants to be a Millionaire Ipad music choices	28	29 Rex' keyboard and dancing Articulate quiz Sally's Yellowstone slides	30

Menu

Week 1	Week 2	Week 3	Week 4	Week 5
Wed	Wed 6 th Sep	Wed 13 th Sep	Wed 20 th Sep	Wed 27 th Sep
	Roast Chicken with Stuffing	Turkey and Leek Pie	Meatballs in Tomato Gravy	Tuna Fish Pie
Fri 1 st Sep	Fri 8 th Sep	Fri 15 th Sep	Fri 22 nd Sep	Wed 29 th Sep
Cottage Pie	Sausages, Mustard Mash and Onion Gravy	Salmon Fillet in Cheese and Spinach Sauce	Roast Pork with stuffing	Chicken breast in Stilton Sauce

Dislikes from the questionnaire will be catered for.