

## Activities Calendar November 2018

| 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   | <b>2</b><br>Australian travels talk (John)<br>Bean bag targets<br>Bowls and story                | 3   |
| 4   | 5   | 6   | <b>7</b><br>Tracey stretch and tone<br>Wildlife talk-Bees<br>Jeopardy and poems           | 8   | <b>9</b><br>Magazine scavenger hunt<br>What's in the news this week<br>Articulate and basketball | 10  |
| 11  | 12  | 13  | <b>14</b><br>Craft session<br>Hoop the tins and ball toss<br>Musical balloon swatting     | 15  | <b>16</b><br>Gentle sports morning<br>Reminiscence session<br>Bingo                              | 17  |
| 18  | 19  | 20  | <b>21</b><br>Chair based exercises<br>Charades<br>Sing the oldies                         | 22  | <b>23</b><br>Church service (Mark)<br>Boats, trains and planes<br>Basketball                     | 24  |
| 25  | 26  | 27  | <b>28</b><br>Eye and Vision Aid talk<br>Sorry game<br>Bowls and group story               | 29  | <b>30</b><br>Kurling (with a K!) session<br>Poetry corner<br>Darts and news chat                 |     |

# Menu

| <b>Week 1</b>                           | <b>Week 2</b>                                 | <b>Week 3</b>                                     | <b>Week 4</b>                      | <b>Week 5</b>  |
|---|---|---|------------------------------------|--|
|   | Wed 7 <sup>th</sup><br>November               | Wed 14 <sup>th</sup><br>November                  | Wed 21 <sup>th</sup><br>November   | Wed 28 <sup>th</sup><br>November                     |
|   | <b>Pasta<br/>Bolognese</b>                    | <b>Roast Chicken<br/>with<br/>Stuffing</b>        | <b>Fishermans<br/>Pie</b>          | <b>Sausage, Mash<br/>and<br/>Onion Gravy</b>         |
| Fri 2 <sup>nd</sup><br>November         | Fri 9 <sup>th</sup><br>November               | Fri 16 <sup>th</sup><br>November                  | Fri 23 <sup>th</sup><br>November   | Fri 30 <sup>th</sup><br>November                     |
| <b>Chicken<br/>and<br/>Mushroom Pie</b> | <b>Fish Fillet<br/>with<br/>Parsley Sauce</b> | <b>Pork Steak<br/>with<br/>Mushroom<br/>Sauce</b> | <b>Mince<br/>and<br/>Onion Pie</b> | <b>Gammon<br/>with<br/>Sweet Potato<br/>Roasties</b> |

Dislikes from the questionnaire will be catered for.