

# ACTIVITIES FOR THE COMING WEEK

<p><b><u>Monday 6<sup>th</sup> October</u></b></p> <p><b><u>Morning</u></b></p> <p><u>Jan 9-4 / Michelle D-O / Nicola 10-4</u></p> <p><b>10:45am</b> Shop Trolley &amp; chat with Nicola All room &amp; All units</p> <p><b>10:45am</b> Music &amp; Movement with Shane &amp; Jan <b>Activity room</b></p> <p><b>12pm</b> Drinks in Main Lounge</p>	<p><b><u>Monday 6<sup>th</sup> October</u></b></p> <p><b><u>Afternoon</u></b></p> <p><b>2pm</b> Communion with St Peter &amp; St Pauls <b>Activity room</b></p>
<p><b><u>Tuesday 7<sup>th</sup> October</u></b></p> <p><b><u>Morning</u></b></p> <p><u>Jan 9-4 / Michelle D-O / Nicola 10-4</u></p> <p><b>10:45am</b> Postcards of Kindness <b>Quantock sunroom</b></p> <p><b>12pm</b> Drinks in Main Lounge</p>	<p><b><u>Tuesday 7<sup>th</sup> October</u></b></p> <p><b><u>Afternoon</u></b></p> <p><b>1:45pm</b> Oake Manor Café Outing</p>
<p><b><u>Wednesday 8<sup>th</sup> October</u></b></p> <p><b><u>Morning</u></b></p> <p><u>Jan 9-4 / Michelle 9-4 / Nicola 10-4</u></p> <p><b>10:45am</b> Slides &amp; a talk with Nigel Milius on Antarctic &amp; Wildlife <b>Activity Room</b></p>	<p><b><u>Wednesday 8<sup>th</sup> October</u></b></p> <p><b><u>Afternoon</u></b></p> <p><b>1:45pm</b> Harvest Service with Rev Phil Hughes <b>Activity room</b></p>
<p><b><u>Thursday 9<sup>th</sup> October</u></b></p> <p><b><u>Morning</u></b></p> <p><u>Jan 9-4 / Michelle 2-8 / Nicola 10-4</u></p> <p><b>10:30am</b> Bingo <b>Quantock Sunroom</b></p> <p><b>12pm</b> Drinks in Main Lounge</p>	<p><b><u>Thursday 9<sup>th</sup> October</u></b></p> <p><b><u>Afternoon</u></b></p> <p><b>2pm</b> Helen Tranquil Moments <b>Poems, Quotes, Quiz &amp; Sing-along</b></p> <p><b>6:30pm</b> Quiz Evening with Michelle <b>Main Lounge</b></p>
<p><b><u>Friday 10<sup>th</sup> October</u></b></p> <p><b><u>Morning</u></b></p> <p><u>Michelle 9-4 Nicola 10/4</u></p> <p><b>10:45am</b> Sing a-long <b>Quantock Sunroom</b></p> <p><b>12pm</b> Drinks in Main Lounge</p>	<p><b><u>Friday 10<sup>th</sup> October</u></b></p> <p><b><u>Afternoon</u></b></p> <p><b>2pm</b> Reading group followed by The Movie <b>Quantock unit</b></p> <p><b>2pm</b> Manicure with Michelle <b>Main Lounge</b></p>

<p><b><u>Saturday 11<sup>th</sup> October</u></b></p> <p><b><u>Morning</u></b></p> <p>Kaitlyn 9-4</p> <p><b>10:45am</b> Mindful colouring Activity Room</p>	<p><b><u>Saturday 11th October</u></b></p> <p><b><u>Afternoon</u></b></p> <p><b>2pm</b> Hand Massage Quantock Unit</p>
<p><b><u>Sunday 12<sup>th</sup> October</u></b></p> <p><b><u>Morning</u></b></p> <p>Kaitlyn 9-4</p> <p><b>10:45am</b> Forget me not Chorus Quantock Unit</p>	<p><b><u>Sunday 12<sup>th</sup> October</u></b></p> <p><b><u>Afternoon</u></b></p> <p><b>2pm</b> Scrabble Main Lounge</p>

All Activities are Subject to Change!

