

**Activities, Events
& Outings
DECEMBER 2019**

**Merry
Christmas**



**Royal Star
& Garter**

Care with courage





December

Sun	1	4.00pm	Starlight Service	Reception
Mon	2	10.30am	Movement to Music	Reception
		11.30am	Postcards for Kindness Christmas Cards	Reception
		2.30pm	Baking—Gingerbread	Activities
Tue	3	10.30am	ASH Aerobicss—Toe Tapping Tai-Chi Stretches	Ash
		11.30am	Bingo !	Reception
		2.30pm	Baking—Gingerbread	Activities
Wed	4	10.30am	Movement to Music	Reception
		11.30am	One 2 Ones	
		2.30pm	Film Afternoon	Activities
		1.00pm	Trip—Waddesdon Manor Christmas Lights	
Thu	5	10.30am	PHYSIO	
		2.30pm	Entertainer—Nik Stoter	Reception
Fri	6	10.30am	Movement to Music	Reception
			ELF DAY	
		2.30pm	Wreath Making	Activities
Sun	8	3.00pm	Westley Methodist Church Service	Reception
Mon	9	10.30am	Movement to Music	Reception
		11.30am	Word Wheel	Reception
		12.00pm	RAF Veterans Lunch	RAF Base
		2.30pm	Baking—Mince Pies	Activities
Tue	10	10.30am	ASH Aerobicss—Toe Tapping Tai-Chi Stretches	Ash
		11.00am	High Wycombe C of E School -Carol Singing	Reception
		2.30pm	Interact Group—Jenny Lee	Activities
Wed	11	10.30am	Movement to Music	Reception
		11.30am	One 2 Ones	
		3.00pm	Christmas Films	Activities



December

Thu	12	10.30am	Tai-Chi	Reception
		11.30am	Arts with Hannah	Activities
		3.30pm	FILM - CHRISTMAS FILM	Activities
Fri	13		CHRISTMAS OUTFIT DAY	
		10.30am	Movement to Music	Reception
		11.00am	Carol Service	Reception
		3.00pm	Entertainer—The Turf Tappers	Reception
Sat	14	11.00am	High Wycombe Music Centre Performance	Reception
Sun	15	2.45pm	Entertainment—The Panda Players	Reception
Mon	16	10.30am	Movement to Music	Reception
		11.30am	Trip—Air Raid Shelter Xmas Lunch	
		11.30am	Post cards for Kindness Christmas Cards	Reception
		2.30pm	Entertainer—Dave Brierley	Reception
Tue	17	10.30am	ASH Aerobics—Toe Tapping Tai-Chi Stretches	Ash
		11.30am	One 2 Ones	
		2.30PM	Scrabble Competition	Reception
Wed	18	10.30am	Movement to Music	
		11.30am	ART	Activities
		2.30pm	Card Games	Activities
Thu	19	10.30am	Tai-Chi	Reception
		11.30am	Board Games	Activities
		12.15pm	Volunteers Christmas Lunch and Carol Singing	Reception
		2.30PM	PANTOMIME	Reception
Fri	20	10.30am	Movement to Music	Reception
		11.30am	Indoor Bowls	Activities
		2.30pm	Entertainment—RAF Halton Band	Reception
Sun	22	3.00pm	Kings Church Children Christmas Carols	Reception



December

Mon	23	10.30am	Movement to Music	Reception
		11.30am	Pampering –Getting Ready for Christmas	
		2.30am	Entertainment—Paul Kerr Band	Reception
Tue	24	10.30am	ASH Aerobics—Toe Tapping Tai-Chi Stretches	Ash
		11.30am	Christmas Quiz	Reception
		11.30am	One 2 Ones	
		2.30pm	“Night Before Christmas ”+ Drinks	Reception
Wed	25		CHRISTMAS DAY	Reception
		12.00pm	Pre Christmas Lunch Drinks	Café Bar
		3.00pm	Queens Speech	
Thu	26		Boxing Day	
		11.30am	Vertellis –Less Small Talk,More Genuine Conversations	Café Bar
		12.00am	Pre Lunch Drinks	Café Bar
		3.00pm	Movie Choice	Activities
Fri	27	10.30am	Movement to Music	Reception
		11.30am	Wii Games	Activities
		2.30pm	Entertainer—Andrew Michaloski	Reception
Mon	30	10.30am	Movement to Music	
		11.30am	Word Games	Café
		2.00pm	Trip Out -Savill Garden	Minibus
Tue	31	2.30pm	End of Year Quiz and Singalong	Café Bar

Activities and Events may change due to
unforeseen Circumstances