

# Activities, Events & Outings

# January

## 2020

### HIGH WYCOMBE



Happy New  
Year



**Royal Star  
& Garter**

Care with courage





**Royal Star  
& Garter**  
Care with courage

# January 2020

<b>Wed 1st</b>	<b>10.30am Movement to Music with Physio—Reception</b>
	<b>11.30am Board Games in the Café Bar</b>
	<b>2.30pm Trip Out— Shopping in the EDEN. Hit the January Sales</b>
<b>Thu 2nd</b>	<b>10.30am Tai-Chi with Physio—Reception</b>
	<b>11.30am Wii Games in Reception</b>
	<b>2.30pm Scrabble in Reception</b>
<b>Fri 3rd</b>	<b>10.30am Movement to Music with Physio -Reception</b>
	<b>11.30am Trivial Pursuit—Café Bar</b>
	<b>2.30pm Andre Rieu Concert—Café Bar</b>
	<b>3.30pm Karaoke in Café Bar</b>
<b>Mon 6th</b>	<b>10.30am Movement to Music with Physio -Reception</b>
	<b>11.30am Curtis Trip—Wyevale Garden Centre Marlow</b>
	<b>11.30am Postcard for Kindness –Reception</b>
	<b>2.30pm Entertainers—The Fairway Singers– Reception</b>
	<b>3.30pm All Saints Church Service - Reception</b>
<b>Tue 7th</b>	<b>10.30am Curtis Aerobics Toe Tapping Tai –Chi Stretches</b>
	<b>11.30pm Scrabble –Café Bar</b>
	<b>2.30pm Arts and Crafts Open in Activities</b>
<b>Wed 8th</b>	<b>10.30am Movement to Music with Physio -Reception</b>
	<b>11.30am Morning Quiz Time—Café Bar</b>
	<b>2.30pm Cooking &amp; Baking—Activities</b>
<b>Thu 9th</b>	<b>10.30am Tai-Chi with Physio—Reception</b>
	<b>11.30am Play Your Cards Right Game</b>
	<b>2.30pm Entertainer—Nik Stoter</b>
<b>Fri 10th</b>	<b>10.30am Movement to Music with Physio -Reception</b>
	<b>11.30am Flower Arranging –Activities</b>
	<b>2.30pm Nursing Trip Out— Water Perry Gardens Café/Museum</b>



**Royal Star  
& Garter**  
Care with courage

# January 2020

Sun	12th	3.00pm Wesley Methodist Service
Mon	13th	10.30am Movement to Music with Physio -Reception
		11.30am Trip Out—The Living Rain forest ( Packed Lunches)
		11.30am Postcard for Kindness – Reception
		2.30pm Scrabble and Board Games—Café Bar
Tue	14th	10.30am Curtis Aerobics Toe Tapping Tai – Chi Stretches
		11.30am Tuesday Sudoku and other Puzzles
		12.00pm Founders Day Celebrations.
		2.30pm Entertainer - Tim Valentine
Wed	15th	10.30am Movement to Music with Physio -Reception
		11.30am Activities Review Meeting— Activities
		3.00pm Teddy Bears Picnic -Reception
Thu	16th	10.30am Tai-Chi with Physio—Reception
		11.30am Entertainer—Chris Hooker—Recpetion
		2.30am Painting .Create a master piece with Hayley & Emma—Activities
Fri	17th	10.30am Movement to Music with Physio -Reception
		11.30am Board Games—Café Bar
		2.30am Karaoke– Café bar RAINBOW DRESSUP DAY
Sat	18th	2.30am Afternoon Singalong –Reception
Sun	19th	2.30am Sunday Afternoon Movie
Mon	20th	10.30am Movement to Music with Physio -Reception
		11.30am Postcard for Kindness –Reception
		11.30am Skittles –Reception
		2.30pm Visit to the Dogs Trust Home (Harefield)
Tue	21st	10.30am Curtis Aerobics Toe Tapping Tai –Chi Stretches
		11.30am ZOOLAB Visit—Snakes, Frogs & Tarantulas –Reception
		2..30am Ash Sing a long—Ash Lounge
Wed	22nd	10.30am Movement to Music with Physio -Reception
		11.30am Quiz –Café Bar
		2 .30pm Curtis Trip Out—Countryside Drive





# January 2020

Thu	23rd	10.30am Tai-Chi with Physio—Reception
		11.30am Play Your Card Right– Café Bar
		2.30pm Entertainer Colin Wells
Fri	24th	10.30am Movement to Music with Physio -Reception
		11.30am Wii Games– Café Bar
		2.30pm Singalong– Café Bar
Sat	25th	1.00pm Scottish Menu—Robert Burns
		2.30pm Board Games—Reception
Sun	26th	3.00pm Church Service held by Padre Chrissie Lacey –RAF
Mon	27th	10.30am Movement to Music with Physio -Reception
		11.30amCurtis Trip Out— Hughenden Valley Cafe
		2.30pm Entertainer Dave Brierley
Tue	28th	10.30am Curtis Aerobics Toe Tapping Tai –Chi Stretches
		11.30am Word Games– Café Bar
		2.30pm Poetry, Stories with Jenny Lee (Interact)- Library
Wed	29th	10.30am Movement to Music with Physio -Reception
		11.30am Morse Visits around the Home
		12.00pm TRIP Lunch Out at the Bellcote Inn (Chesham)
		2.30pm Indoor Games
Thu	30th	10.30am Tai-Chi with Physio—Reception
		11.30am Entertainer Gracie Barry-Tait—Reception
		2.30pm Scrabble and Other Board Games—Café Bar
Fri	31st	10.30am Movement to Music with Physio -Reception
		11.30am Trip Out—Shopping in the Eden Centre
		2.30pm KARAOKE -Request a Song to Sing and Entertain

**Activities, Events and Trips may change  
due to unforeseen circumstances**

