

Activities

November

Events

2019

Outings



HIGH WYCOMBE



**Royal Star
& Garter**

Care with courage

November Events

FRI 1st	10.30am	Music to Movement—Stretching and Strengthening Limbs	Reception
	11.00am	Skittles—knock em all Down	Reception
		One to Ones	
	12.30pm	Pub Lunch SPINDLE & THREAD Pub	
Sat 2nd	9.00am	RUGBY WORLD CUP FINA	Adams
		Dress Up In Something ENGLAND	
Mon 4th	10.30am	Music to Movement—Stretching and Strengthening Limbs	Reception
	11.15am	One 2 Ones	
	2.30pm	ART –Fireworks Painting	Ash
	2.30pm	Trival Pursuit—Come and Join in	Reception
Tue 5th	10.30pm	ASH Aerobics—Toe Tapping Tai-Chi Stretches	Reception
		ROYAL OPENING DAY—by HRH Princess Alexandra	
	11.15am	Pampering	
	14.00pm	Poppy Art - Create Poppies	Activities
	14.00pm	Art Painting	Ash
Wed 6th	10.30am	Music to Movement—Stretching and Strengthening Limbs	Reception
	11.30am	Baking –Cook up something delicious	Ash
	2.30pm	Entertainer Dave Brierley	Reception
Thu 7th	10.30am	Upper Limb Gym—Therapy Putty & Juggling Balls	Reception
	11.15am	Bingo—Eyes down for a fun Session	Activities
	2.30pm	BUS TRIP Maidenhead Heritage Museum	
Fri 8th	10.30am	Music to Movement—Stretching and Strengthening Limbs	Recetion
	11.15am	Word games - Do you know the Answers?	Café Bar
	2.30pm	Poppy Art—create more Poppies	Activities
	2.30pm	Karaoke—Be brave and take the mic	Reception
Sun 10th	8.30am	London Cenotaph Remembrance Service	
	3pm	Church Service Westley Church - Join our first Worship in the Home	Reception

November Events

Mon 11th	10.45am	Remembrance	Reception
	11.00am	Two Minute Silence	
	11.30am	Remembrance Service with Padre Christina Lacy	Reception
	2.30pm	Royal Artillery Band	Reception
Tues 12th	10.30am	ASH Aerobics—Toe Tapping Tai-Chi Stretches	Reception
	11.15am	Scrabble Championships - How many points can you get?	Reception
	3.00pm	Wii Games—enjoy interactive games	Activities
		One 2 Ones	
Wed 13th	10.30am	Music to Movement—Stretching and Strengthening Limbs	Reception
	11.15am	Word Wheel –Make the words and find the 9 letter Word	Reception
	11.15am	Hand Massages	Ash
	2.30pm	Card Games—Don't show you hand	Activities
Thu 14th	10.30am	Upper Limb Gym—Therapy Putty & Juggling Balls	Reception
		One 2 Ones	
	11.00am	Trip to Marks and Spencers	ASH
	2.30pm	Entertainer Linda Watts	Reception
Fri 15th	10.30am	Music to Movement—Stretching and Strengthening Limbs	Reception
	11.15am	Sudoku—Can you solve it?	Reception
	2.30pm	Entertainer Andrew Michaloski	Reception
Mon 18th	10.30am	Music to Movement—Stretching and Strengthening Limbs	Reception
	11.00am	BUS TRIP Bucks Railway Centre	
	11.15am	Puzzles	Activities
	2.30pm	Baking Christmas Puddings	
	11.00am	BUS TRIP Bucks Railway Centre	
Tue 19th	10.30	ASH Aerobics—Toe Tapping Tai-Chi Stretches	Reception
	11.15am	Skittles	Reception
		One 2 Ones	
	2.30pm	Interact Session with Jenny—enjoy Poems, Stories and Jokes	Reception
Wed 20th	10.30am	Music to Movement—Stretching and Strengthening Limbs	Reception
	11.00am	Board Games	Reception
	11.00am	BUS TRIP John Lewis	
	2.30pm	Entertainers U3A St Chalfont Choir	Reception

November Events

Thu 21st	10.30am	Upper Limb Gym—Therapy Putty & Juggling Balls	Reception
	11.15am	Pampering	
	2.30pm	Entertainer Colin Wells with Tea and Cakes	Reception
Fri 22nd	10.30am	Music to Movement—Stretching and Strengthening Limbs	Reception
		Dress-up Day Don't feel Blue, Dress Blue	
	All Day	Day Of Arts and Crafts	Activities
Mon 25th	10.30am	Music to Movement—Stretching and Strengthening Limbs	Reception
	11.15am	Crosswords	Reception
	14.30pm	Omi Table	Ash
Tue 26th	10.30	ASH Aerobics—Toe Tapping Tai-Chi Stretches	Reception
	11.000	General Knowledge QUIZ	Reception
	3.00pm	Entertainers The Turf Tappers	Reception
Wed 27th	10.30am	Music to Movement—Stretching and Strengthening Limbs	Reception
		One 2 Ones	
	11.am	BUS Trip Waddesdon Manor	
	2.30pm	Movie Afternoon—Residents Choice	
Thu 28th	10.30am	Upper Limb Gym—Therapy Putty & Juggling Balls	Reception
	11.15am	Jigsaws	Activities
	2.30pm	Entertainer Gemma Dorsett	
Fri 29th	10.30am	Music to Movement—Stretching and Strengthening Limbs	Reception
	All DAY	Decorating Reception for Xmas	

PLANNED OUTINGS

November



Friday 1st	12.30 –2.30pm	Pub Lunch at the Spindle & Thread
Thursday 7th	2.30pmT—4.30pm	Maidenhead Heritage Centre
Sunday	8.30am –2.00pm	London Cenotaph
Thurs	11.30 –12.45pm	Visit to Marks & Spencer
Monday 18th	11.00—4.30pm	Bucks Railway Centre
Wednesday	11..30– 12.45pm	Visit to John Lewis
Wednesday 27th	11.00am—4.30pm	Waddesdon Manor

Is there somewhere you would like to Visit?

Is there Something you would like to Do?

If So, Speak to Hayley or Emma and they will
try and make it happen.

November



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& Garter

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Entertainers

Dave Brierley

WED
6th

Royal Artillery
Band

MON
11th

FRI
15th

Andrew Michaloski

U3A St Chalfont Choir

WED
20th

THU
21st

Colin Wells

The Turf Tappers

TUE
26th

Gemma Dorsett

THU
28th