

**THE ROYAL STAR & GARTER**

# Activities

## OUTINGS & EVENTS



# High Wycombe

# SEPTEMBER

# WEEKLY EVENTS

## Same time, Same Day

10.30 am	<b>Movement to Music</b> - Stretching and Strengthening Upper and lower Limbs	Reception	Maddie/ Louie
11.00 am	Newspaper Reading & Discussion	Café Bar	
11.00 am	Crossword & Puzzles	Café Bar	
3.00 pm	Musical Bingo	Café Bar	Emma
10.30 am	<b>Ash Aerobics</b> - Toe Tapping, Tai-Chi Stretches, Hand exercises to music	Reception	Maddie/ Louie
11.00 am	Newspaper Reading & Discussion	Café Bar	
11.00 am	Crossword & Puzzles	Café Bar	
3.00pm	Board Games	Café Bar	
10.30 am	<b>Movement to Music</b> - Stretching and Strengthening Upper and lower Limbs	Reception	Maddie/ Louie
11.00 am	Newspaper Reading & Discussion	Café Bar	
11.00 am	Crossword & Puzzles	Café Bar	
3.00 pm	Tea and Baked Goods Tasting	Café Bar	Activities Team
3.00 pm	Sing-a-long to some old favourites	Ash Lounge	Emma
10.30 am	<b>Upper Limb Gym</b> - Therapy putty, small juggling balls and resistance	Activities Room	Maddie/ Louie
11.00 am	Newspaper Reading & Discussion	Café Bar	
11.30 am	Crossword & Puzzles	Café Bar	
2.30 pm	Bingo !	Reception	Emma
10.30 am	<b>Movement to Music</b> - Stretching and Strengthening Upper and lower Limbs	Reception	Maddie/ Louie
11.00 am	Newspaper Reading & Discussion		
11.30 am	Crossword & Puzzles		
2.00 pm	Arts and Crafts Afternoon	Activities Room	
3.00 pm	Karaoke Friday	Reception	Emma
12.00 pm	Words Games and a Chat	Café Bar	
3.00pm	Afternoon Film- on big Screen	Activities	
11.00 am	Newspaper and Crosswords	Café Bar	







Other Activities Always available...Board Games,Jigsaws.Library

Putting Practice, Indoor Bowls. DVD's, Paints (Acrylic/Watercolour/Oils).

**Please Contact the Activities Team if you have  
Suggestions / Requests for Activities or Outings**

# September Events



THU	5 <sup>TH</sup>	2.30pm	Entertainer Nik Stoter		Reception
FRI	6 <sup>TH</sup>	3.00pm	Cream Teas		Café Bar
SAT	7 <sup>TH</sup>	10.30am	Armed Forces Breakfast Club		Spindle & Thread Pub
THU	12 <sup>TH</sup>	2.30pm	Entertainer—Howard Taylor SPANISH DAY Dress— up/Food		Reception
TUE	17 <sup>TH</sup>	2.30pm	Interact—Stories, Tales and Chat Group		Café Bar
WED	18 <sup>TH</sup>	2.30pm	Entertainer Dave Brierley		Reception
FRI	20 <sup>TH</sup>	3.00pm	Cream Teas		Café Bar
SAT	21 <sup>ST</sup>	1.00pm	<b>Summer Fete</b>		
TUE	24 <sup>TH</sup>	3.00pm	Entertainer The Turf Tappers		Reception
WED	25 <sup>TH</sup>	3.00pm	Group Game Trivial Pursuit Afternoon		Reception





# PLANNED OUTINGS

## September



Tues	3rd	2.30 pm	The Wild Strawberry Café. At Peterley Manor Enjoy a Tea and Cake in this unusual Café in a Yurt	
Tues	10th	2.30 pm	Wendoverwoods Relax and Enjoy Views of the Children in this New Woodland Cafe	
Thur	19th	2.30 pm	Horse Trust—Speen Visit the Retired Working Horses at Worlds Oldest Horse Charity	
Thur	26th	11.00 am	RAF Museum London Enjoy wandering around the Museum, Early Start to give time to explore	

  
The Royal Star & Garter Homes  
SUPPORTING THE ARMED FORCES OF THE CROWN

## SUMMER FETE

AT OUR HIGH WYCOMBE HOME  
SATURDAY 21ST SEPTEMBER 2019  
1pm-4pm

PERFORMANCES  
TOMBOLA  
SMALL PETTING ZOO PLANTS  
CHOCOLATE FOUNTAIN  
CRAFT BRIC-A-BRAC  
BOOKS CAKES  
RAFFLE

 It's a great opportunity to come along and meet the residents and volunteers, and enjoy the many stalls on offer.

**We'd love to see you there!**


The Royal Star & Garter Homes  
Spendon Avenue, High Wycombe, HP12 3QG  
For further information, please contact:  
enquiries@starandgarter.org or call 01494 927 555.



**September**  
Entertainers



  
**NIK STORER**  
Thursday 5th 2.30pm

  
**HOWARD TAYLOR**  
Thursday 12th 2.30pm

  
**DAVE BRIERLEY**  
Wednesday 18th 2.30pm

  
**Turf Tappers**  
Tuesday 24th 3.00pm

