



**Royal Star
& Garter**

Care with courage



December- 2019 Events, Activities & Outings for Solihull





Events for November

Activities and Events that are taking place this month

Mon	2	11.30	Fun and Frolics – Curling to start the Christmas season with a festive twist - Reception Pamper Parlour - Meditation and Relaxation– Activity Room
Tues	3	11.30 14.30	Debbie mills is here to get the Christmas party started with her fabulous Christmas show— Reception Tuesday workout– exercise your lungs with some Christmas carol singing.
Wed	4	11.30	Phoebe is here to perform for us, come and enjoy the Christmas show— Reception
Thu	5	11.00 14.30	Widney junior school are here to perform carols for us. Come along and enjoy– Dinning room Crafts– Flower Arranging. Come and create a beautiful Christmas arrange-
Fri	6	All day 10.30 11.30 15.00	Dress up Friday -Alzheimer's Elf Day! Dress as an ELF! Roundel Sensory Group - Christmas crafts- Roundel Residents meeting Coffee Morning— Activity Room Family Friday Social (the more the merrier residents/team/friends) Tea and cakes with Mike Sullivan playing the piano. Join us for the perfect chilled out afternoon!- Reception
Mon	9	10.30 14.30	Fun and Frolics – Curling with a festive twist - Reception Pamper Parlour - Nails - Activity Room
Tue	10	10.30 11.30 14.30	Heart-Beeps Nursery visit— Roundel Come and join in while the little ones play, a themed Christmas group Interact story telling - Activity Room Tuesday Workout - Upper Limb Gym- Activity Room
Wed	11	11.30	Mellissa Holiicks is here to spread Christmas joy, Come along and enjoy - Reception Mid Week Pick-Me-Up! - Dominoes Club - Reception
Thu	12	14.30	Crafts– Monthly Baking Group . A very special baking group- Come and help us decorate our homes Christmas cake! Ready to enjoy on Christmas day — Activity Room
Fri	13	10.30 12.00	Roundel Sensory Group– mince pie making - Roundel Anything Goes Advent – Bingo — Reception

Fri cont..	13	14.30	Family Friday Social– come and sing along with the Nice and Easy Christmas show!- Reception
Mon	16	11.30 14.30	Jack and the Beanstalk- Panto is here- Reception Pamper Parlour - Meditation and Relaxation - Activity Room
Tues	17	14.30	Snowman Drive! Ready steady roll! - Reception
Wed	18	11.30 14.30	'Oh no it isn't, Oh yes it is!!!' its that time again for the star studded staff of the RSGH to entertain you in true festive style, with their own take on the classic Christmas Panto, 'Cinderella' - Dining Room The Methodist church are here to lead us in carol singing.- Reception
Thu	19	14.30	The wonderful Beryl Briscoe is here to entertain us with her Christmas show- Reception
Fri	20	10.30 11.30 14.30	Roundel Sensory Group- winter sensory group- Roundel Anything Goes– Advent Bingo — Reception Family Friday Social—take– away a tippie. Come and make your very Christmas snowball to start the festive season. Activity Room
Mon	23	All day 11.30 14.30	Wear you most festive outfit! Fun and Frolics – curling with a festive twist - Reception Pamper Parlour - Nails - Activity Room
Tues	24	12.00 14.30	Tuesday Workout - tia chi - Reception Peter Tonks is here with some Christmas carol singing to gets us feeling festive for the big day, with mulled wine and mince pies- Reception
Wed	25	All day	MERRY CHRISTMAS TO ONE AND ALL Father Christmas will be visiting... ho ho ho!
Thu	26	15.00	Boxing Day Family Afternoon social Please join your family and friends for Mulled Wine and Mince Pies- Reception
Fri	27	10.30 11.30 14.30	Roundel Sensory Group– New years Art - Roundel Upper limb Gym- Activity Room Family Friday Social— 2019 at a glance. Come along for a chinwag about the year gone by. With afternoon tea. Activity Room
Mon	30	11.30	Andante are here to here to perform and get you in the mood for the new year. - Reception
Tue	31	14.30 19.30	Tai Chi- Activity Room Seeing in the New Year with party's on each house. Please enjoy a toast to the new year and a Party buffet. Happy New Year everyone! -On House's



Trips Out For November

MON	2	10.15	13.00	FESTIVE SHOPPING SOLIHULL
MON	2	13.15	16.30	FRANK SINATRA KNOWLE BRITISH LEGION
WED	4	10.30	13.00	FESTIVE SHOPPING in SOLIHULL (AM)
WED	4	14.15	16.00	FESTIVE SHOPPING in SOLIHULL (PM)
THURS	5	12.00	18.00	THE NUTCRACKER at THE HIPPODROME (Packed Lunches reqd)
FRI	6	10.00	12.30	SHOPPING & FESTIVE LIGHTS MELBICKS
SAT	7	15.30	17.00	STARLIGHT SERVICE St ALPHEGE SOLIHULL
MON	9	11.30	15.00	FESTIVE PUB LUNCH (The Hillfield Farm)
WED	11	12.00	18.00	PETER PAN @ THE REP BIRMINGHAM (Packed Lunches reqd)
FRI	13	12.00	16.00	NOT FORGOTTEN ASSOCIATION FESTIVE LUNCHEON SOLIHULL
MON	16	11.30	15.00	FESTIVE PUB LUNCH (The Hillfield Farm)
WED	18	14.00	16.00	GENTS BRITISH LEGION AFTERNOON KNOWLE
SAT	21	12.00	18.00	THE KING & I @ THE ALEX (Packed lunches Reqd)
MON	30	10.30	15.30	COVENTRY CATHEDRAL & MUSEUM VISIT (LUNCH OUT).

Please be aware that trip times may vary due to circumstances beyond our control. We will always strive to adhere to the planned times.



Church Services for November

Sun	1	11.30	Join us for Sunday Hymns— Reception
Wed	4	14.30	St Alphege Church of England Service - Full Communion Activity room
Sun	8	11.30	Join us for Sunday Hymns— Reception
Thu	12	14.00	St Augustine Roman Catholic Service Activity Room
Sun	15	11.30	Join us for Sunday Hymns— Reception
Wed	18	14.30	Methodist Church service — Reception
Sun	22	11.30	Join us for Sunday Hymns— Reception
Sun	29	11.30	Join us for Sunday Hymns— Reception

In loving Memory

Our thoughts and prayers are with:

Mary OBrien and her family

And Edith Hopfinger and her family



Regular Activities

SAME TIME, SAME DAY, EVERY WEEK

The Activities Department is always open and EVERYONE is welcome to enjoy this space for crafts, baking, computers, coffee, games and company

Every Mon	10.30	Movement to Music – Reception
	10.30	One to one visits and catch ups with the Activities Team.
	11.30	Fun and Frolics- (see monthly program) — Reception
	14.30	Pamper Parlour (see monthly program) - Activity Room
Every Tue	10.30	Art Cafe— Activity Room
	11.30	Daily Sparkle Reminiscing Tea Party— Activity Room
	11.30	Roundel- ‘Go with the Flow- Roundel
	14.30	Tuesday Workout- (see monthly program) — Reception/ Activity Room
Every Wed	10.30	Movement to Music – Reception
	10.30	One to one visits and catch ups with the Activities Team.
	11.30	Mid Week Entertainment- Bring your best singing voice — Reception
	14.30	Mid Week Pick- Me –Up! (see monthly program) — Reception/ Activity Room
	14.30	What's on the Box? - come and join us to watch the Netflix series ‘The Crown’ — Activity Room
Every Thu	10.00	Arts & Crafts with Dawn— Activity Room
	11.30	Pub Quiz— Reception
	11.30	Roundel Sensory Group– Singing for the soul – Roundel
	14.30	Crafts (see monthly programme)— Activity Room
Every Fri	10.30	Movement to Music – Reception
	10.30	One to one visits and catch ups with the Activities Team.
	10.30	Roundel Sensory Group (see programme) – Roundel
	11.30	Anything Goes (see monthly program) — Reception/ Activity
	15.00	Friday Social (see monthly program) - Reception



Weekend programme for December

Sun	1	 On Houses	All Day	Time to feel full of Festive Cheer ! After all its that time of year!! Christmas tree decorating on our houses
Sat	7	Led by Whiteley	11.30 14.30	Christmas Card making- Activity Room Bake some home made Brownies- Activity Room
Sun	8	Led by Whiteley	11.30 14.30	Sunday Hymns- Reception Christmas movies- Activity Room
Sat	14	Led by Linley	11.30 14.30	Christmas Quiz- Bar Area Word games- Reception
Sun	15	Led by Linley	11.30 14.30	Sunday Hymns- Reception Christmas Movies- Activity Room
Sat	21	Led by Croucher	11.30 14.30	Christmas crafts- Activity Room Volley ball- Reception
Sun	22	Led by Croucher	11.30 14.30	Sunday Hymns- Reception Christmas movies- Activity Room
Sat	28	Led by Whiteley	11.30 14.30	General Knowledge Quiz- Bar Area Stitching and Beading- Activity Room
Sun	29	Led by Whiteley	11.30 14.30	Sunday Hymns- Reception Christmas movies- Activity Room



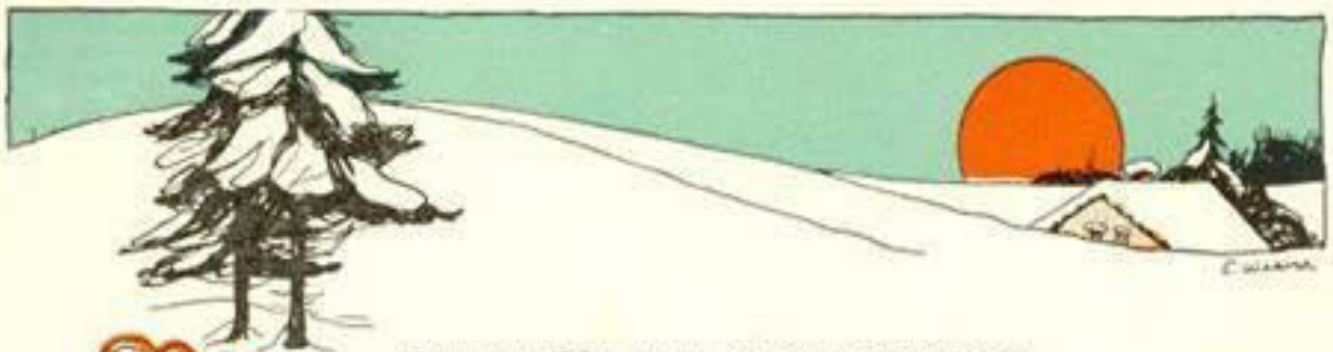
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Don't forget there's always more to do.....

- Audio library
- Computers
- Volunteers
- Church Visits
- Pat therapy Dogs
- Aromatherapy
- Skype
- Ancestry
- iPad's
- And much more!

If you have any thoughts about things you would like to do please speak to one of the activity team, we are also grateful of feedback



CHRISTMAS GREETINGS

The Christmas Day brings memories
And kindest thoughts untold,
Of friends we may not often see
But hope to always hold;
So may this greeting be a link
In friendship's precious chain,
And may there be a Christmas Day
When we shall meet again!