



## Events, Activities & Outings for Solihull

Happy  
New  
Year!

# January 2019

*Happy New Year*

*If it didn't bring you joy  
just leave it behind  
Let's ring in the new year  
with good things in mind.*

*Let every bad memory  
that brought heartache and pain  
And let's turn a new leaf  
with the smell of new rain*

*Let's forget past mistakes  
making amends for this year  
sending you these greetings  
to bring you hope and cheer  
Happy New Year*



# Events for January

Activities and Events that are taking place this month

Tues	1	All day	<b>Happy New Year !</b> New years day challenge! Residents, team and families help your house to complete your 4 new years challenge puzzles — <a href="#">on house</a>
		14.30	Family Friday Social (the more the merrier residents/team/friends) Tea, cakes and a sing-a-long with Peter Tonks playing the piano- <a href="#">Reception</a>
Wed	2	11.30	Andy Green performers for us to break in the new year. This is his first performance with us, so lets make him welcome. — <a href="#">Reception</a>
Fri	4	11.30	Residents Meeting - <a href="#">Activity Room</a>
		14.30	Family Friday Social (the more the merrier residents/team/friends) Kick start your January with a healthy smoothie and fruit taster!
Sat	5	11.30	Music in care homes concert — <a href="#">Reception</a>
Mon	7	14.30	Singing for Health and Happiness group — <a href="#">Reception</a>
Tues	8	11.30	Interact storytelling— <a href="#">Activity Room</a>
Wed	9	11.30	Johnny Tarrino is back to sings for us — <a href="#">Reception</a>
Fri	11	11.30	Tai chi with Nicola — <a href="#">Reception</a>
		14.30	Celebrations for Founders Day. Come and enjoy music food and a jolly good time to celebrate the founding of our fabulous RSG Home. — <a href="#">Reception</a>



# Church Services

**This Month**

Sun	5	11.30	Join us for Sunday Hymns— <a href="#">Reception</a>
Wed	9	14.30	St Alphege Church of England Service <a href="#">Activity room</a>
Thu	10	14.00	St Augustine Roman Catholic Service <a href="#">Activity Room</a>
Sun	13	11.30	Join us for Sunday Hymns— <a href="#">Reception</a>
Sun	20	11.45	Rev Fisher Reformed Church Service <a href="#">Reception</a>
Sun	27	11.30	Join us for Sunday Hymns— <a href="#">Reception</a>

### In loving Memory

Our thoughts and prayers are with:

Des Foreshew,  
Ivy McLaren,  
Douglas Naylor,  
Tony Foster,  
Eric Thompson  
Alec Shaw  
and Their Families



# Trips out for January

Wed	2	11.30	14.30	Pub Lunch Beefeater Plough Shirley
Fri	4	14.00	16.30	Studley Garden Centre- Tea & Cake
Mon	7	10.30	13.00	Solihull Shuttle
Wed	9	11.30	14.30	Lunch, Finest Catch... Henley in Arden
Fri	11	10.30	13.00	Bowling- Acock's green
Mon	14	10.30	13.00	Solihull Shuttle
Wed	16	11.30	14.30	Pub Lunch The Barn Hockley Heath
Fri	18	14.00	16.00	Nottcutts Garden Centre
Mon	21	10.30	13.00	Solihull Shuttle
Wed	23	11.30	14.30	Pub Lunch The Hillfield Farm
Fri	25	10.30	13.00	Scenic drive- Hatton Locks
Mon	28	10.30	13.00	Solihull Shuttle
Wed	30	11.30	14.30	Pub Lunch The Reservoir Earlswood



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Activities and Events that are taking place this month

Wed	16	11.30	Misty Duo sings for us, come and join us for a good time.— <a href="#">Reception</a>
Thurs	17	11.30	Monthly film afternoon. 'Singing in the Rain'. Celebrating a month of movie musicals! — <a href="#">Activity Room (NEW)</a>
Fri	18	11.30	Beetle Drive! Get into your teams and let's get ready to Roll that dice!- <a href="#">Reception</a>
		14.30	Family Friday Social (the more the merrier residents/team/friends)
Wed	23	11.30	Bollywood dance are here to perform. Come and experience a taste of India!— <a href="#">Reception</a>
		13.00	Indian themed lunch— <a href="#">Dinning room</a>
Thu	24	14.30	Monthly flower arranging group- come and get stuck in and create a beautiful arrangement to brighten your room. — <a href="#">Activity Room (NEW)</a>
Fri	25	11.30	Big bingo bash! Come and try your luck! - <a href="#">Reception</a>
		13.00	Burns themed lunch.— <a href="#">Dinning room</a>
		14.30	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!- <a href="#">Reception</a>
Wed	30	11.30	The wonderful Mellissa Hollicks is here to sing for us, come and enjoy the show— <a href="#">Reception</a>
		14.30	Monthly baking group— come and enjoy a pinch of fun, a spoonful of delight and a mouthful of what ever we create! Yum! — <a href="#">Activity Room (NEW)</a>



# Regular Activities

Every Mon	10.30	Movement to Music – Reception
	10.30	Inner Peace Relaxation Group— Activity Room
	11.30	Fun and frolics (volleyball/ curling/ skittles)— Reception
	14.30	News of the World discussion group – Activity Room
	14.30	<i>Roundel crafts class– Roundel (NEW)</i>
Every Tue	10.30	Colour Art Therapy—Activity Room
	11.30	Daily Sparkle Reminiscing tea party—Activity Room
	14.30	RSGH Solihull Choir —Activity Room (NEW)
Every Wed	10.30	Movement to Music – Reception
	10.30	Inner Peace Relaxation Group — Activity Room
	11.30	Mid week Entertainment- Bring your best singing voice—Reception
	15.00	Upper Limb Gym—Activity Room
Every Thu	10.00	Arts & Crafts with Dawn—Activity Room
	11.30	<i>Roundel Sensory class– Roundel (NEW)</i>
	11.30	Pub Quiz— Reception
	14.30	Pamper Parlour ladies/gents– with Charlie .Nail care, Come and join us, you deserve it! :)
Every Fri	10.30	Movement to Music – Reception
	10.30	Inner Peace relaxation Group— Activity Room
	11.30	Anything Goes (see monthly program) Reception
	15.00	Friday Social (see monthly program)- Reception



# Weekend programme for January

Tues	1	All day	New years day puzzle challenges– <b>On House's</b>
Sat	5	11.30	Music in Care Homes are back to entertain us this weekend. <b>Reception</b>
Sun	6	10.30 14.30	Sunday Hymns— <b>Café/Bar</b> Film afternoon. Join us for a musical Cinema experience Showing 'Calamity Jane'— <b>Activity Room</b>
Sat	12	11.30	Quiz– The four house Quiz. Come and represent your house in the inter-house quiz.– <b>Reception</b>
Sun	13	10.00 14.30	Sunday Hymns— <b>Café/Bar</b> Film afternoon. Join us for a musical Cinema experience Showing 'The King and I'— <b>Activity Room</b>
Sat	19	11.30	Cold Bake treats and sweets. Come and have a go at making some delicious sweet treat. — <b>Activity Room</b>
Sun	20	10.00 14.30	Sunday Hymns— <b>Café/Bar</b> Film afternoon. Join us for a musical Cinema experience Showing 'The sound of Music' — <b>Activity Room</b>
Sat	26	11.00	Ancestry with Paul Wilkins.– <b>on houses</b>
Sun	27	10.00 14.30	Sunday Hymns— <b>Café/Bar</b> Film afternoon. Join us for a musical Cinema experience Showing 'My Fair Lady'— <b>Activity Room</b>

Lots of extras with the Team on the Houses...Just Ask

- ◆ Movie night/afternoon
- ◆ Pampering
- ◆ Quiz's
- ◆ Board Games
- ◆ Word games
- ◆ One to one chats