



**Royal Star  
& Garter**

Care with courage

**January - 2020**

Events, Activities

& Outings for Solihull





# Royal Star & Garter

Care with courage

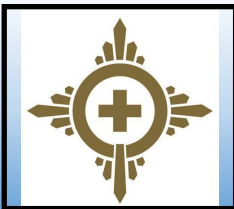
Don't forget there's always more to do.....

- 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

### 6 Interesting New Year Facts:

1. New Year celebrations are not new. The concept actually dates back to 2000 BC. The Mesopotamians used to celebrate New Year!
2. 1<sup>st</sup> January as New Year was never a standard practice. Romans for instance celebrated March 1 as New Year. Some other cultures went for winter solstice or summer equinox.
3. The Roman Catholic Church was the one to adopt 1<sup>st</sup> January as New Year. Well, 1<sup>st</sup> January as New Year was marked by Georgian Calendar.
4. 1<sup>st</sup> January was accepted as New Year in 46 BC by Julius Caesar. England and the American colonies of England adopted the date long time later in 1752.
5. The month of January derives its name from a two-faced God named Janus. Janus' one face looked forward while the other looked backward.
6. Most English speakers traditionally sing the song 'Auld Lang Syne'. It is actually a very old song from Scotland and was first published in 1796 poet Robert Burns in the book titled Scots Musical Museum. The literal translation of 'Auld Lang Syne' is 'old long since' and actually means 'times gone by'.

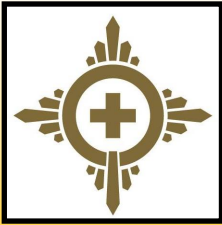


# Events for January

Activities and Events that are taking place this month

Wed	1	11.30 15.00	<b>New years day! Happy new year everyone!</b> New years quiz — <b>Reception</b> Reminiscing group with tea and cake— <b>Reception</b>
Thu	2	14.30	Crafts– arts and craft—- <b>Activity Room</b>
Fri	3	10.30 11.30 14.30	Roundel Sensory Group - Sorting- <b>Roundel</b> Mellissa Hollicks is here to entertain you.— <b>Reception</b> Family Friday Social— see in the new year with musical bingo and a cocktail! - <b>Activity Room</b>
Mon	6	10.30 14.30	<b>Xmas decorations come down- Reception</b> Pamper Parlour - Nails - <b>Activity Room</b>
Tue	7	10.30 11.30 14.30	Heart-Beeps Nursery visit—Come and join in while the little ones play,- <b>Roundel</b> Interact story telling - <b>Activity Room</b> Peter Tonks is here to play the piano for us. Come along for a sing song — <b>Reception</b>
Wed	8	11.30 14.30	Tony Wall is here to sing for us, so Come along and enjoy- <b>Reception</b> Mid Week Pick-Me-Up! - Dominoes Club - <b>Reception</b>
Thu	9	14.30	Crafts– Monthly Baking Group.—Banoffee cream pie crumble— <b>Activity Room</b>
Fri	10	10.30 11.30	Roundel Sensory Group– Flower Arranging - <b>Roundel</b> Residents meeting Coffee Morning— <b>Activity Room</b>
Mon	13	11.30 14.30	Volley ball - <b>Reception</b> Pamper Parlour - Meditation and Relaxation - <b>Activity Room</b>
Tues	14	11.30 14.30	Founders day Celebrations– wishing our wonderful charity a very happy 104th birthday, come along and enjoy the party with entertainment - <b>Dining Room</b> Tuesday Workout - Upper Limb Gym— <b>Activity Room</b>
Wed	15	11.30 14.30	Come along and see all creatures great and small. Zoolab are here to share their animal knowledge with us. - <b>Reception</b> Mid Week Pick-Me-Up! - word games- <b>Reception</b>

Thu	16	14.30	Crafts– Flower Arranging. Come and create a beautiful arrangement. — <a href="#">Activity Room</a>
Fri	17	10.30 11.30 14.30	Roundel Sensory Group– cold bake treats- <a href="#">Roundel</a> Anything Goes– Beetle Drive! Ready steady roll! - <a href="#">Reception</a> 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>
Mon	20	11.30 14.30	Fun and Frolics – curling - <a href="#">Reception</a> Pamper Parlour - Nails - <a href="#">Activity Room</a>
Tues	21	14.30	Tuesday workout– Peter Tonks is here to play the piano for us - <a href="#">Reception</a>
Wed	22	11.30 14.30	Becca Gee is here to sing for us, so Come along and enjoy - <a href="#">Reception</a> Mid Week Pick-Me-Up! - Dominoes Club - <a href="#">Reception</a>
Thu	23	14.30	Crafts- RSGH choir! Come and join us for a sound of music sing along! - <a href="#">Reception</a>
Fri	24	10.30 11.30 13.00 14.30	Roundel Sensory Group– Puzzles - <a href="#">Roundel</a> Tai Chi- — <a href="#">Reception</a> Join us for a celebration of Burn's night! With a traditional Scottish lunch and bagpipes! - dinning room Family Friday Social ( the more the merrier residents/team/friends) and a traditional Scottish caber toss! <a href="#">Reception</a>
Mon	27	11.30	Volley ball - <a href="#">Reception</a> Pamper Parlour - Meditation and Relaxation - <a href="#">Activity Room</a>
Tue	28	14.30	Tuesday workout- Tai Chi- <a href="#">Activity Room</a>
Wed	29	11.30 14.30	Chris Beehan is here to play the piano and give us a good old sing along - <a href="#">reception</a> Mid Week Pick-Me-Up! - word games- <a href="#">Reception</a>
Thurs	30	14.30	Crafts– arts and craft— dot painting - <a href="#">Activity Room</a>
Fri	31	11.30 14.30	Anything goes– Upper limb Gym- - <a href="#">Activity Room</a> 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>

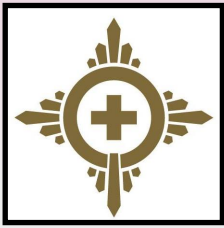


# Regular Activities

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



# Church Services for January

Sun	5	11.30	Join us for Sunday Hymns— <a href="#">Reception</a>
Wed	8	14.30	St Alphege Church of England Service - Full Communion <a href="#">Activity room</a>
Thu	9	14.00	St Augustine Roman Catholic Service <a href="#">Activity Room</a>
Sun	12	11.30	Join us for Sunday Hymns— <a href="#">Reception</a>
Wed	15	14.30	Methodist Church service — <a href="#">Reception</a>
Sun	19	11.30	Join us for Sunday Hymns— <a href="#">Reception</a>
Sun	26	11.30	Join us for Sunday Hymns— <a href="#">Reception</a>

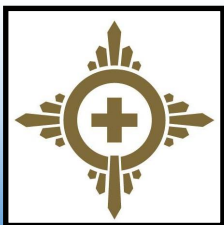
## In loving Memory

Our thoughts and prayers are with:

Michael Gates and his family

Cynthia Turney and her family

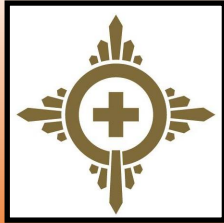
And Pauline Blow and her family



# Trips Out For January

WED	1st	14.00	15.30	SCENIC DRIVE PM
FRI	3rd	14.00	16.15	GARDEN CENTRE VISIT, TEA & COFFEE.
Mon	6th	11.30	15.30	PUB LUNCH PUB LUNCH THE FIELDHOUSE
Wed	8th	10.30	13.00	SHOPPING SOLIHULL
Fri	10th	14.00	16.15	LADIES LAURA ASHLEY TEAROOMS Afternoon Tea.
Mon	13th	11.30	15.30	CHINESE LUNCH WING WAH COVENTRY
Wed	15th	12.00	18.00	SNOW WHITE at The Hippodrome. (packed lunches reqd)
Fri	17th	10.30	15.30	COVENTRY TRANSPORT MUSEUM (Lunch out)
Mon	20th	11.30	15.30	PUB LUNCH THE FINEST CATCH HENLEY
Wed	22nd	10.00	13.00	SHOPPING REDDITCH KINGFISHER
Wed	22 <sup>nd</sup>	14.00	16.00	GENTS AFTERNOON KNOWLE BRITISH LEGION.
Fri	24th	10.30	16.00	National Trust Visit CROOME & R.A.F Defford (Packed Lunches Reqd)
Mon	27th	11.30	15.30	PUB LUNCH THE OLTON TAVERN
Wed	29th	10.30	13.00	SHOPPING SOLIHULL
Fri	31st	14.00	16.00	SCENIC DRIVE ALCESTER and Surrounds.

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



# Weekend programme for January

mon	1	Led by croucher	11.30 15.00	New years quiz– reception New years—the days gone by reminiscing group with afternoon tea.—reception
Sat	4	Led by Linley	11.30 14.30	Word Games and Puzzles– <b>Activity Room</b> General Knowledge Quiz– <b>Bar Area</b>
Sun	5	Led by Linley	11.30 14.30	Sunday Hymns– <b>Reception</b> Pick a Mix a movie— <b>Activity Room</b>
Sat	11	Led by Croucher	11.30 14.30	Volley Ball– <b>Reception</b> Brownie making- <b>Activity Room</b>
Sun	12	Led by Croucher	11.30 14.30	Sunday Hymns– <b>Reception</b> Pick a Mix a movie— <b>Activity Room</b>
Sat	18	Led by Linley	11.30 14.30	Bracelet and stitching- <b>Activity Room</b> Afternoon Tea cakes and a catch up- <b>Bar Area</b>
Sun	19	Led by Linley	11.30 14.30	Sunday Hymns– <b>Reception</b> Pick a Mix a movie- <b>Activity Room</b>
Sat	25	Led by Croucher	11.30 14.30	Reminiscing Group- <b>Activity Room</b> Dominoes— <b>Bar Area</b>
Sun	26	Led by croucher	11.30 14.30	Sunday Hymns– <b>Reception</b> Pick a Mix a movie— <b>Activity Room</b>