

WEEKLY BULLETIN



MONDAY 21ST AUGUST

11.00am Alive & Active Exercises

2.00pm The Alton Hand Bell Ringers ring their wonderful bells once again at Brookfields

TUESDAY 22ND AUGUST

Morning – Manicures

Afternoon – Dabbers at the ready, prizes to be won – bingo time!

WEDNESDAY 23RD AUGUST

11.00am Exercise, fun & games

1.30pm Get those brains switched on as Georgia will be fresh from her travels as Quizmaster!

THURSDAY 14TH AUGUST

Morning – Manicures

Afternoon – A relaxing meditation memory yoga session (followed by the traditional beanbag throw at staff)

FRIDAY 25TH AUGUST

11.00am Alive & Active Exercises

Afternoon – Craft with a difference, who can make the scariest alien?

SATURDAY 26TH AUGUST

Afternoon – What will the residents choose to do this week?

SUNDAY 27TH AUGUST

Afternoon – Yesteryear Quiz

Can you remember these events from the last 100 years?

FORTHCOMING EVENTS

THURSDAY 31ST AUGUST 1.30pm
Summertime Songs with Bob and Sally

BROOKFIELDS

Private Nursing Home

Happy Birthday To you!

22nd AUGUST Michelle • 23rd AUGUST Pamela

25th AUGUST Andy

As we start the week with the fabulous Alton Hand Bell Ringers, we thought we would test your knowledge to see if you could find all the instruments in this wordsearch. Good luck!

F	S	P	I	T	S	A	B	U	T
I	N	I	L	O	I	V	S	A	R
C	L	A	R	I	N	E	T	R	U
H	F	N	L	T	M	D	P	B	M
I	O	O	E	R	M	T	A	O	P
N	O	R	E	O	F	L	U	T	E
O	D	S	T	M	V	E	S	H	T
L	R	M	B	B	T	A	O	A	I
L	U	P	T	O	N	B	O	R	N
E	M	C	U	N	O	H	W	P	I
C	S	L	L	E	B	D	N	A	H

Trumpet, flute, drums, piano, handbells, trombone, clarinet, oboe, violin, cello, tuba, harp