

WEEKLY BULLETIN



MONDAY 22nd JANUARY

11.00am **Alive & Active Exercises**

Afternoon – **Movie Afternoon**

TUESDAY 23rd JANUARY

Morning – **Jigsaw Club, fresh air & manicures**

Afternoon – **Are you feeling lucky? Well come on down for Bingo!**

WEDNESDAY 24th JANUARY

11.00am **Exercises with a Difference**

Burns Night celebration lunch

with the 'Ode to the Haggis' (celebrating a day early)

Afternoon – **flex your brains with this week's quiz**

THURSDAY 25th JANUARY

Burns Night

Morning – **Fresh air & manicures**

Afternoon – **Back by popular demand ... Disco Yoga!**

FRIDAY 26th JANUARY

11.00am **Alive & Active Exercises**

Afternoon – **Can you match the book with the character
in this special pairs game?**

Join us as we celebrate National Storytelling week

SATURDAY 27th JANUARY

Afternoon – **Play Your Cards Right**

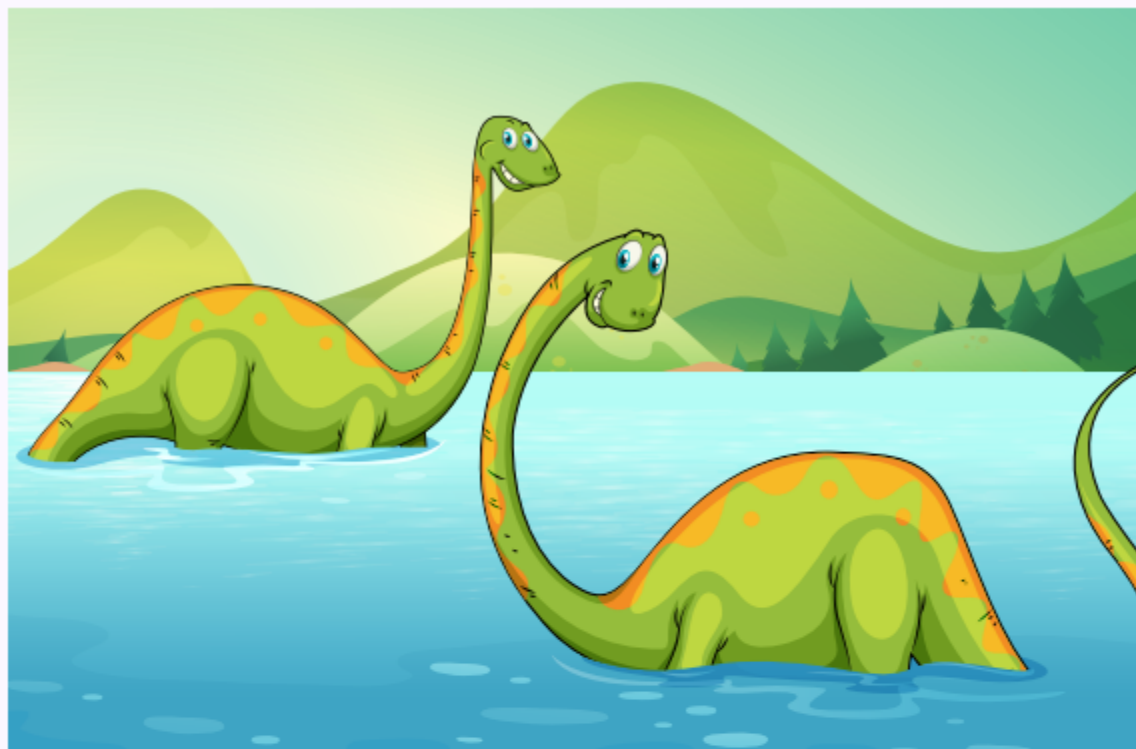
SUNDAY 28th JANUARY

Afternoon – **Haggis, kilts, Loch Ness Monster – see what you
really know about Scotland with our Scottish quiz**

BROOKFIELDS

Private Nursing Home

Spot the difference. See if you can spot all 10!



Happy Birthday!

24th JANUARY Mavis • 25th JANUARY Balwinderjeet

26th JANUARY Verona