



# WEEKLY BULLETIN

## JOIN US FOR SEASIDE WEEK

### MONDAY 22<sup>nd</sup> JULY

11.00am Alive & Active Exercises

Afternoon – Join us for a documentary journey to the seaside

### TUESDAY 23<sup>rd</sup> JULY

Morning – Jigsaw Club, Fresh Air & Manicures

Afternoon – Elbows out it is bingo time

### WEDNESDAY 24<sup>th</sup> JULY

11.00am – Exercise with a difference

Afternoon – Join us for our world famous Brookfields Quiz, what will the Quizmaster have in store for you this week

### THURSDAY 25<sup>th</sup> JULY

Morning – Fresh Air & Manicures

Afternoon – Play Your Cards Right  
Higher or lower, what will you choose?

### FRIDAY 26<sup>th</sup> JULY

11.00am Alive & Active Exercises

Afternoon – We will be taking a trip to the beach for our sand castle afternoon

### SATURDAY 27<sup>th</sup> JULY

Afternoon – All things seaside with our seaside quiz

### SUNDAY 28<sup>th</sup> JULY

Sunday afternoon activity of  
resident's choice

**BROOKFIELDS**

Private Nursing Home





# OH WE DO LIKE TO BE BESIDE THE SEASIDE!



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

*Ball, Sun Cream, Umbrella, Crab, Shell, Boat, Bucket,  
Spade, Dig, Ice Cream, Pebbles, Sand, Pier, Arcades,  
Waves, Kite, Frisbee, Rock*



**HAPPY BIRTHDAY TO YOU!**  
**BRIAN & JAS · 22ND JULY**