



weekly bulletin

Summer Festival

MONDAY 24TH JULY

11.00am – Alive & Active Exercises

Afternoon – A cup of coffee, a chat & postcard writing

TUESDAY 25TH JULY

Morning – Manicures

Afternoon – Elbows out, eyes down it's Bingo time!

WEDNESDAY 26TH JULY

11.00am – Exercise with a difference

1.30pm Quiz followed by rosé wine & cheese tasting, one not to miss!



THURSDAY 27TH JULY

Morning – Manicures

Afternoon – Yoga & Beanbag challenge (staff beware!)

FRIDAY 28TH JULY

11.00am – Alive & Active Exercises

Afternoon – Summer fun & games in the garden

SATURDAY 29TH JULY

An afternoon of skittles & hoops!

SUNDAY 30TH JULY

Afternoon – Play Your Cards Right, who can get to the end?!





wine tasting

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

*Alcohol, Aromatic, Body, Clarity, Colour, Cork, Glass,
Red, Savour, Sip, Swirl, Taste, Texture, White*

