










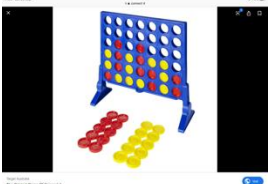











Swimbridge House October 2019

SUNDAY	MONDAY	TUESDAY 1st	WEDNESDAY 2 nd	THURSDAY 3rd	FRIDAY 4th	SATURDAY
		<p style="text-align: center;">Hair dressers 9am -12.45pm</p> <p style="text-align: center;">Whist Club</p>  <p style="text-align: center;">2pm Washing and drying up. Table Tennis.</p>  <p style="text-align: center;">5pm – 6.30pm Supper Sports update</p>	<p style="text-align: center;">Exercise 10 – 10:30 10:30 – 12:30 Boggle game</p>  <p style="text-align: center;">2pm-5pm Music Quiz and sing along</p>  <p style="text-align: center;">Strictly Come Dancing Fan Club Watch, discuss and choose your favourite.</p> <p style="text-align: center;">5pm- 6.30pm Supper and sparkles chat.</p>	<p style="text-align: center;">10.30-12.30 A Game of Darts</p>  <p style="text-align: center;">4pm -18.30pm October poems, chat and Sparkles Magazine.</p> 	<p style="text-align: center;">Exercise 10.30 10.30-12.30 Jigsaw and word search</p>  <p style="text-align: center;">Washing and drying up. Game of skittles 14:30 – 16:30</p>  <p style="text-align: center;">17:30 – 18:30 Game of scrabble</p> 	















Swimbridge House October 2019

SUNDAY	MONDAY 7th	TUESDAY 8th	WEDNESDAY 9th	THURSDAY 10th	FRIDAY 11th	SATURDAY
	<p>Exercise 10.30am 11am</p> <p>An Autumn Scene Painting and printing</p>  <p>Washing and drying up 14:30 – 16:30</p> <p>Game of Scrabble</p>  <p>Game of connect 4</p> 	<p>Hairdresser. 9am to 12.45pm</p>  <p>14.00- 18.30pm Bread making- The wheatsheaf .</p>  <p>Supper ad sports update.</p>	<p>Exercise 10.00 to 10.30am 10.30-12.30</p>  <p>Autumn Stain Glass windows</p> <p>14.15-15.15 Primrose wing Holy communion./ Harvest festival</p>  <p>15.30-17.00 Strictly Come Dancing Fan Club Watch, discuss and choose your favourite.</p> <p>17.00-18.30pm Supper and News chat</p>	<p>Exercise 10am 10.30-12.30</p> <p>Jigsaw puzzle</p>  <p>Washing and drying up</p> <p>14.30-15.30 Ice cream van visit</p>  <p>Whist Club</p> 	<p>Exercise 10.30-12.30</p> <p>Sew nice to see you. Sewing reminiscence</p>  <p>Washing and drying up.</p> <p>14.00-15.30 15.30-16.15 Musicman</p> 	










Swimbridge House October 2019

SUNDAY	<p>MONDAY 14th^h Exercise 10am. 10.30-12.30am Autumn indoor baskets.</p>  <p><small>www.shutterstock.com - 349720118</small></p> <p>Everybody's Jobs</p>  <p><small>www.shutterstock.com - 272985929</small></p> <p>14: 30 – 16:30 Game of darts</p>  <p><small>www.shutterstock.com - 1348704932</small></p>	<p>TUESDAY 15th Hairdresser. 9am to 12.45pm</p>  <p><small>www.shutterstock.com - 789177421</small></p> <p>14.00-16.00 Out in Ernie.</p> <p>16.00- 18.30 Strictly Come Dancing Fan Club Watch, discuss and choose your favourite</p>	<p>WEDNESDAY 16th Exercise 10.am 10.30 -12.30 Painting for all</p>  <p><small>www.shutterstock.com - 146904085</small></p> <p>14.00pm – 18.30pm Pub Afternoon With drinks and pub games and a Pub Quiz</p>  <p><small>www.shutterstock.com - 1348704932</small></p>	<p>THURSDAY 17th Exercise 10am 10.30-12.30 Autumn Vegetable soup</p>  <p><small>www.shutterstock.com - 146904085</small></p> <p>14.00- 15.00 Pat Dog Ellie Visit</p>  <p><small>www.shutterstock.com - 1366300646</small></p> <p>Boggle game</p>  <p><small>www.shutterstock.com - 238083275</small></p>	<p>FRIDAY 18th Exercise 10am 10.30-12.30 Vase cleaning and flower arranging.</p>  <p><small>www.shutterstock.com - 84888805</small></p> <p>Build a crossword Autumn Vegetables</p> <p>Washing and drying up. 14.30-18.30pm Make your own cake</p>  <p><small>www.shutterstock.com - 238083275</small></p> <p>Game of cards 7s</p>  <p><small>www.shutterstock.com - 238083275</small></p>	SATURDAY
--------	---	--	--	---	---	----------

Swimbridge House October 2019

SUNDAY	MONDAY 21th	TUESDAY 22st	WEDNESDAY 23nd	THURSDAY 24rd	FRIDAY 25th	SATURDAY
	<p>Exercise. 10 am 10.30-12.30pm Cooking Club No cook Autumn truffles</p>  <p style="font-size: small; text-align: center;">www.shutterstock.com • 36680186</p> <p>14.00-18.30pm Painting and colouring</p>  <p style="font-size: small; text-align: center;">www.shutterstock.com • 789277621</p> <p>Card Games</p>   <p style="font-size: small; text-align: center;">www.shutterstock.com • 284063125</p>	<p>Hairdresser. 9am to 12.45pm</p>  <p>14.30-18.00pm A Right Royal Tea Party. Watch a video of a Royal garden party. Make Royal sandwiches Enjoy a Royal tea and chat.</p>  <p style="font-size: small; text-align: center;">www.shutterstock.com • 346554832</p>	<p>Exercise 10.am-10.30am 11am – 12.30pm</p>  <p>Autumn Stain glasswindows 14.00 18.00 Daily Living Shoe cleaning</p>  <p style="font-size: small; text-align: center;">www.shutterstock.com • 376274287</p> <p>Strictly Come Dancing Fan Club Watch, discuss and choose your favourite.</p>	<p>Exercise 10am 10.30-12.30pm Make your own tea or coffee and natter</p>  <p style="font-size: small; text-align: center;">www.shutterstock.com • 1407138433</p> <p>14.00-18.30 Gardening Club</p>  <p style="font-size: small; text-align: center;">www.shutterstock.com • 374884159</p> <p>Hand and Nail Pamper</p>  <p style="font-size: small; text-align: center;">www.shutterstock.com • 790648674</p>	<p>Exercise 10am 10.30-12.30pm Jigsaw puzzles</p>  <p style="font-size: small; text-align: center;">www.shutterstock.com • 1407138433</p> <p>And wordsearch.</p> <p>14.00-15.00pm Bill Butcher sings.</p>  <p style="font-size: small; text-align: center;">www.shutterstock.com • 302183743</p> <p>15.30-18.30pm</p>  <p style="font-size: small; text-align: center;">www.shutterstock.com • 790648674</p>	

Swimbridge House October 2019

<p>Sunday</p>	<p>MONDAY 28th Exercise 10am 10.30-12.30 Arts & Crafts</p>  <p>www.shutterstock.com - 351226613</p> <p>14.00-18.30 Skittles</p>  <p>Own Choice</p>	<p>TUESDAY 29th Hairdresser. 9am to 12.45pm</p>  <p>14.00-18.30pm Politics in our time. Remembering people who influenced our lives.</p>  <p>www.shutterstock.com - 766185454</p> <p>Supper and Sports update.</p>	<p>WEDNESDAY 30th 10:30 – 12:30 Halloween Make our own ghost to hang around room.</p>  <p>14.00-18.30pm Whist Club</p>  <p>Strictly Come Dancing Fan Club Watch, discuss and choose your favourite.</p>	<p>THURSDAY 31st Exercise 10am 10.30-12.30 Pumpkin carving</p>  <p>14.00-18.30pm Making Pumpkin soup</p>  <p>www.shutterstock.com - 409170641</p> <p>A Game of Darts</p>  <p>Supper and chat.</p>		
----------------------	---	---	---	--	--	--