



JANUARY 2018

JANUARY EVENTS AT A GLANCE

**THE ACTIVITIES TEAM WOULD LIKE TO WISH ALL OUR RESIDENTS
A VERY HAPPY NEW YEAR**

SATURDAY 20TH	ST GILES ORCHESTRA CONCERT – OXFORD £10 plus transport	(BOOK BY 13TH)
WEDNESDAY 24TH	VISIT TO THE OXFORDSHIRE MUSEUM Entry free, transport cost	(BOOK BY 13TH)
THURSDAY 25TH	SUPPER CLUB - BURNS NIGHT £10.75 per head	(BOOK BY 19TH)

'GET CREATIVE WITH CLAY'

Come and try your hand at modeling clay pots, animals and much more based around the theme of 'childhood memories'

COMMENCES WED 31ST JAN
10am to 12 noon
Cost £9 per session

Please sign up in Activity Room
Limited number of places



*"January opens the box of the year
and brings out days that are bright and clear."*

~Leland B. Jacobs



NEW YEAR, NEW TIMES,

**Please note new times
for some Spa exercise
and aqua classes**

BOOK CLUB

There is no Book Club meeting
in January – to give you time to
read the book!

**Next meeting
Tuesday 6th Feb 11am**

WANTED!

If you have any DVD'S you
no longer watch, that may
be of interest to other
residents, we would be
grateful to have them.
Please bring to Activities
Room
Thank you

Monthly Activities Programme Week Commencing Monday 8th January



Morning

Afternoon & Evening

Monday 8th January	9.45 Aqua Steady 10.30 Monday Coffee Morning – Lounge Bar	2pm Beginners Bridge – Activities Room 3.15 Falls Prevention – The Studio 4pm Dance Fit – The Studio
Tuesday 9th January	9am Pure Stretch – The Studio 10am Town Transport – meet Reception 10am Tai Chi(seated) – The Studio 10.45 Tai Chi(standing) – The Studio	3pm Passion for Poetry – Blue Lounge 3pm Pilates – The Studio 5pm Aqua Aerobics
Wednesday 10th January	10am Art with Abbie – Activities Room 10am Alzheimers Uk Dementa Cafe – Lounge Bar	2pm Bridge Club – Blue Lounge 3pm Holy Communion – Mulberry Lounge
Thursday 11th January	9.15 Tai Chi(standing) – The Studio 10am Town Transport – meet Reception 10.30 Mahjong – Activites Room 12pm Tai Chi(seated) – The Studio	2.15 Pilates – The Studio 3pm Knit & Natter – Lounge 6pm Aqua Fit
Friday 12th January	10am Bridge Club – Blue Lounge 10.15 Richmond Choir – Restaurant 10.30 Falls Prevention – The Studio 11.30 Aqua Aerobics	2.30 Pure Stretch – The Studio 3pm Friday:Time for Tea - Lounge
Saturday 13th January	10am - 4pm ALU OPEN DAY 10.30 Saturday Social – Activities Room	
Sunday 14th January		1.45 Grandchildren Swim 2pm Film Afternoon – Blue Lounge



Morning

Afternoon & Evening

Monday 15th January	9.45 Aqua Steady 10.30 Monday Coffee Morning – Lounge Bar	2pm Beginners Bridge – Activities Room 3.15 Falls Prevention – The Studio 4pm Dance Fit – The Studio
Tuesday 16th January	9am Pure Stretch – The Studio 10am Town Transport – meet Reception 10am Tai Chi(seated) – The Studio 10.45 Tai Chi(standing) – The Studio	2.30 Current Affairs – Blue Lounge 3pm Pilates – The Studio 5pm Aqua Aerobics
Wednesday 17th January	10am Art with Abbie – Activities Room (Watercolours)	2pm Craft Workshop – Activities Room 2pm Bridge Club – Blue Lounge 2pm Witney Library –meet Reception
Thursday 18th January	9.15 Tai Chi(standing) – The Studio 10am Town Transport – meet Reception 10.30 Mahjong – Activities Room 12pm Tai Chi(seated) – The Studio	2.15 Pilates – The Studio 3pm Knit & Natter – Lounge 6pm Aqua Fit
Friday 19th January	10am Bridge Club – Blue Lounge 10.15 Richmond Choir – Restaurant 10.30 Falls Prevention – The Studio 11.30 Aqua Aerobics	2.30 Pure Stretch – The Studio 3pm Friday:Time for Tea - Lounge
Saturday 20th January	10.30 Saturday Social – Activities Room	6.30 St Giles Orchestra Concert - Oxford
Sunday 21st January		1.45 Grandchildren Swim



Morning

Afternoon & Evening

Monday 22nd January	9.45 Aqua Steady 10.30 Monday Coffee Morning – Lounge Bar	2pm Beginners Bridge – Activities Room 3.15 Falls Prevention – The Studio 4pm Dance Fit – The Studio
Tuesday 23rd January	9am Pure Stretch – The Studio 10am Town Transport – meet Reception 10am Tai Chi(seated) – The Studio 10.45 Tai Chi(standing) – The Studio	3pm Passion for Poetry – Blue Lounge 3pm Pilates – The Studio 5pm Aqua Aerobics
Wednesday 24th January	10.30 Visit to The Oxfordshire Museum - Woodstock	2pm Craft Workshop – Activites Room 2pm Bridge Club – Blue Lounge
Thursday 25th January	9.15 Tai Chi(standing) – The Studio 10am Town Transport – meet Reception 10.30 Mahjong – Activites Room 12pm Tai Chi(seated) – The Studio	2.15 Pilates – The Studio 3pm Knit & Natter – Lounge 6pm Aqua Fit 6.30 Supper Club(Burns Night) - Restaurant
Friday 26th January	10am Bridge Club – Blue Lounge 10.15 Richmond Choir – Restaurant 10.30 Falls Prevention – The Studio 11.30 Aqua Aerobics	2.30 Pure Stretch – The Studio 3pm Friday:Time for Tea - Lounge
Saturday 27th January	10.30 Saturday Social – Activities Room 10.30 Saturday Walk – meet Reception	
Sunday 28th January		1.45 Grandchildren Swim

Morning

Afternoon & Evening

**Monday 29th
January**

9.45 Aqua Steady
10.30 Monday Coffee Morning – Lounge Bar

2pm Beginners Bridge – Activities Room
3.15 Falls Prevention – The Studio
4pm Dance Fit – The Studio

**Tuesday 30th
January**

9am Pure Stretch – The Studio
10am Town Transport – meet Reception
10am Tai Chi(seated) – The Studio
10.45 Tai Chi(standing) – The Studio

2.30 Current Affairs – Blue Lounge
3pm Pilates – The Studio
5pm Aqua Aerobics

**Wednesday 31st
January**

10am Creative with Clay – Activities Room

2pm Craft Workshop – Activities Room
2pm Bridge Club – Blue Lounge
2pm Witney Library – meet Reception


