

## **Monday 18<sup>th</sup> September**

10.30am Coffee Morning in the Restaurant

10.30am & 11.30am Pilates in the Auditorium

10.30am Hearing Clinic in the Cafe with Rob from Diamond Hearing

4.15pm Choir Rehearsals in the Auditorium

## **Tuesday 19<sup>th</sup> September**

10am Waitrose (return 11.15am)

10.30am Reading Group in the Cafe

11.30am & 12.10pm Falls Prevention in the Auditorium

2pm – 4pm Stroke Club in the Auditorium

2.30pm Transport to Stroud

## **Wednesday 20<sup>th</sup> September**

9.30am Transport to Cheltenham (return 12noon)

11am Yoga in the Spa

11am Scrabble in the Library

## **Wednesday 20<sup>th</sup> September cont ..**

11am Non Denomination Service in the Cafe

2.30pm Gentlemen's Group in the Library

2.30pm Ladies Group in the Cafe

2.30pm Flower Arranging with Katherine Kear in the Auditorium. £6pp please book at Reception

## **Thursday 21<sup>st</sup> September**

10am Morrisons (return 11.15am)

No Trivia this week

12-12.30pm Tai Chi – Spa Studio

2.30pm Richmond Ramblers – join Prudence for a gentle stroll.

2.30pm – 5pm Bridge Club in the Cafe, all abilities welcome.

## **Friday 22<sup>nd</sup> September**

9.25am Transport to Painswick including Country Market

10.30am Auditorium - "Read all about it!" read and discuss the newspapers

## **Friday 22<sup>nd</sup> September cont..**

11.45am -12.15pm Seated Tai Chi the Auditorium

3pm – 4pm Activity Meeting - Join Kay to discuss any ideas and suggestions you may have.

5.45pm Mediterranean Supper Club with pre-dinner drinks and a belly dancing display from the lovely Ann Blagden in the Restaurant

## **Saturday 23<sup>rd</sup> September**

### **Today's Duty Manager is Kay James**

10.30am Restaurant - Coffee Morning

5.30pm – 6.30pm 'Wine o'clock Club'  
Enjoy half price drinks in the Cafe with friends.

## **Sunday 24<sup>th</sup> September**

### **Today's Duty Manager – to be confirmed**

9.10am Transport to St Mary's for Church Service

3pm Film Club in the Auditorium  
**'Spiderwick Chronicles'**

Upon moving into the run-down Spiderwick Estate with their mother, twin brothers Jared and Simon Grace, along with their sister Mallory, find themselves pulled into an alternate world full of faeries and other creatures.



## **Social Diary w/c 18<sup>th</sup> September 2017**



Mediterranean Supper Club  
Friday from 5.45pm

Please remember to book all activities  
requiring transport at Reception