CINNAMON
CARE COLLECTION

# Weekly Events

## MONDAY

9:30 am

### Good Morning

Cafe-Bar

Catch up on today's news and weather, and look ahead to the activities planned for the day

10:30 am

### Little Cherubs!

Cafe-Bar

Children from the local nursery join us for stories, games, and a fun finish - Keeping us young at heart!

2:30 pm

### Chloe's Choir

Lounge

Sing-a-long with Chloe who has a collection of classic songs to celebrate Summer.

3:30 pm

### Afternoon Tea

Dining Room

After the singing, enjoy afternoon tea and share your favourite moments with friends.

## TUESDAY

9:30 am

### Good Morning

Cafe Bar

Catch up on today's news and weather, and look ahead to the activities planned for the day

11 am

### Gentleman's Exercise Club

Dining Room

Join Ben for gentle exercises and engaging activities that keep both body and spirits active

3 pm

### Movement and Exercise Session

Dining Room

Amber and Sarah will join us for a session aimed at building strength, whilst having fun.

3 pm

### Afternoon Tea - Games Afternoon

Lounge

Join friends to play a game or complete a jigsaw.  Enjoy delicious freshly prepared cake and your favourite tipple

## WEDNESDAY

9:30 am

### Good Morning

Cafe-Bar

Catch up on today's news and weather, and look ahead to the activities planned for the day

9:45 am

### Oasis Coffee Morning at Church - Outing

Reception

Join members of the local congregation for a coffee and a chat.

2 pm

### Outing

Reception

Heading to a local attraction - museum, gallery, or National Trust property - it'll depend on the weather!

7 pm

### Music Night

Cinema

Paul and Michael invite you to enjoy their wonderful vinyl collection and share in the music.

## THURSDAY

9:30 am

### Good Morning

Cafe-Bar

Catch up on today's news and weather, and look ahead to the activities planned for the day

11 am

### Tai Chi

Conservatory

Sarah will guide a session of gentle exercises and stretches to help keep muscles flexible

3:30 am

### Caroline and After School Club

Gardens

Today we'll be planting some more vegetables with the kind help of pupils from the local school

7 pm

### Sophie's Pub Quiz

Cafe-Bar

The theme remains a mystery! - Invite friends and family to enhance your chance of winning.

## FRIDAY

9:30 am

### Good Morning

Cafe-Bar

Catch up on today's news and weather, and look ahead to the activities planned for the day

11 am

### World Poetry Day

Lounge

Come together and share your favourite poems. We'll be reading and discussing some classic poems.

3 pm

### Afternoon Tea

Cafe-Bar

Join friends to play a game or complete a jigsaw.  Enjoy delicious cake and drink.

4 pm

### Pub Club

Cafe-Bar

Enjoy a pre-dinner drink, play a game of cards, dominoes or darts.

## SATURDAY

9:30 am

### Good Morning

Cafe-Bar

Catch up on today's news and weather, and look ahead to the activities planned for the day

11 am

### It Happened In This Month - Quiz

Lounge

Challenge yourself with a quiz on memorable events from this month through the decades

2 pm

### Afternoon Shopping

Reception

A trip to the local shops - Please register your interest with reception as spaces on the mini-bus are limited.

3:30 pm

### Saturday Matinee

Cinema

Enjoy a film, catch up on a soap or watch a drama - you decide!

## SUNDAY

9:30 am

### Good Morning

Cafe-Bar

Catch up on today's news and weather, and look ahead to the activities planned for the day

11 am

### Armchair Exercise

Dining Room

Join us for gentle excercise to eases aches and maintain mobility.

3 pm

### Afternoon Tea

Cafe-Bar

Join friends to play a game or complete a jigsaw.  Enjoy delicious cake and drink.

3 pm

### Sunday Afternoon - Local Artist Entertains

Round the piano

Luke will playing a wide variety of tunes for you to listen to and join in, don't miss it!