



# WEEKLY BULLETIN



## MONDAY 7<sup>TH</sup> AUGUST

11.00am Alive & Active Exercises

Afternoon – Come and join us for a trip to the Australian outback

## TUESDAY 8<sup>TH</sup> AUGUST

Morning - Manicures

Afternoon – Elbows out, dabbers at the ready it's time for Bingo!

## WEDNESDAY 9<sup>TH</sup> AUGUST

10.30am Residents Forum Meeting (our residents meeting open to all)

11.00am Exercise, fun & games

1.30pm Quiz day – you can cut the tension with a knife!

## THURSDAY 10<sup>TH</sup> AUGUST

Morning – Manicures / Afternoon – Outback Card Dingo Bingo

## FRIDAY 11<sup>TH</sup> AUGUST

11.00am Alive & Active Exercises

Unfasten those belts as it is Simon's world-famous BBQ!

Afternoon – Yoga stretches to unwind after all that food

## SATURDAY 12<sup>TH</sup> AUGUST

Afternoon – What will the residents choose to do this week?

## SUNDAY 13<sup>TH</sup> AUGUST

Afternoon – How well do you know your British Traditions?

See if you can beat the test.

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## FORTHCOMING EVENTS

TUESDAY 15<sup>th</sup> AUGUST 11.00am

Holy Communion with the Revd Rachael Brooks

MONDAY 21<sup>st</sup> AUGUST 2pm

Alton Handbell Ringers

**BROOKFIELDS**

Private Nursing Home





As we visit the Australian Outback this week, can you find all the native Australian animals?

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

*Wombats, Possums, Lyrebird, Emu, Wallaby, Koala,  
Kookaburra, Crocodile, Cockatiel, Cockatoo, Cane toad*

DON'T FORGET IT'S SHERRY TIME AT 3.00 O'CLOCK EVERY DAY!