



WEEKLY BULLETIN



MONDAY 29th JANUARY

11.00am Alive & Active Exercises / Afternoon – Movie Afternoon

TUESDAY 30th JANUARY

Morning – Jigsaw Club, fresh air & manicures

Afternoon – Bingo time, get your dabbers at the ready!

WEDNESDAY 31st JANUARY

11.00am Exercises with a Difference

Afternoon – It is odds even as we go into the last quiz of the month – who will be victorious?

THURSDAY 1st FEBRUARY

Morning – Fresh air & manicures

Afternoon – A relaxing meditation session to bring us into February

FRIDAY 2nd FEBRUARY

11.00am Alive & Active Exercises

Afternoon – Join Beki & Georgia for a creative craft session making flowers to put in the vases we decorated

Brainstorm quiz given out

SATURDAY 3rd FEBRUARY

Afternoon – Play Your Cards Right

SUNDAY 4th FEBRUARY

Afternoon – Do you know your ant from your buzzard?

Test your British Wildlife knowledge.



BROOKFIELDS

Private Nursing Home



How well do you know your British Birds?



*Blackbird, Robin, Blue Tit, Chaffinch, Nuthatch,
Buzzard, Dove, Wren, Woodpecker*



Happy Birthday!

29th JANUARY Pardeep • 29th JANUARY Barbara