

1st - 4th July



'SPORTS & FITNESS MONTH AT WESTALL HOUSE'

THURSDAY 1 st	3pm	Bingo with Emma and Jemma	Garden room
FRIDAY 2 nd	11am	'Fitness Friday' Drum Fit to music	Cinema room
	2.30pm	Quiz Hour – The chase	Cinema room
	4.30pm	Happy Hour – Laughter and drinks	Cinema room
SATURDAY 3 rd	3pm	Film afternoon on the big screen American Outlaws (see notices for further details)	Cinema room
	8pm	Euro Quarter Final Ukraine v England	Cinema room
SUNDAY 4 th		Cinema room available for residents selections	

5th - 11th July


MONDAY 5th	10.15am	Chair based exercises	Cinema room
	11am	Reminiscence Group Sharing memories over a cup of coffee	Cinema room
	3.30pm	Crosswords	Cinema room
TUESDAY 6th	11.00am	'Anyone for table tennis' (see notices for further info)	Games room
	2.30pm	Musical Entertainment Sarah Milner – Violinist	Cinema room
	4.00pm	15 mins of mindfulness	Games room
	8pm	Euro football semi-final	Cinema room
WEDNESDAY 7th	10.15am	Chair Based Exercises	Cinema room
	11am	Gadget Hour	Cinema Room
	2.30pm	Lynn's mobile shop	
	8pm	Euro football semi-final	Cinema room
THURSDAY 8th	3pm	Bingo with Emma & Jemma	Garden room
FRIDAY 9th	11.00am	'Fitness Friday' Chair based dance, Yoga & Qigong	Cinema Room
	2.30pm	Quiz – The Chase	Cinema Room
	4.30pm	Happy Hour – Laughter and Drinks	Cinema Room
SATURDAY 10th		Wimbledon Women's single final	Cinema Room
SUNDAY 11th		Wimbledon Men's single final	Cinema room
	8pm	Euro football final	Cinema room

12th - 18th June

Heather on annual leave this week

MONDAY 12th	11am	Adult mindful colouring with inspirational music with Carol	Cinema room
TUESDAY 13th	11am	Crosswords with Sarah	Cinema room
WEDNESDAY 14th	11am	Reminiscence Group with Sarah	Cinema Room
	2.30pm	Linkee with Lynn	Cinema Room
THURSDAY 15th	11am	Desert Island Discs with Carol	Cinema room
	3pm	Bingo with Emma and Jemma	Garden Room
FRIDAY 16th	11am	'Fitness Friday' Chair based yoga and dance with Sarah	Cinema room
SATURDAY 17th	3pm	Film Afternoon on the big screen Yesterday (see notices for further info)	Cinema room
SUNDAY 18th		Cinema room available all day for viewing residents selections	

19th - 25th July

MONDAY 19th	10.15am	Chair Based Exercises	Cinema room
	11.00am	Reminiscence Group	Cinema room
	3.15pm	‘Music for Health’ with Heather Chrzan	Cinema room
	4.45pm	15 mins of mindfulness	Cinema Room
TUESDAY 20th	10.30am	Crosswords	Cinema room
	2.30pm	Quiz Hour – ‘The Chase’	Cinema room
WEDNESDAY 21st	10.15am	Chair based exercises	Cinema Room
	11am	Gadget Hour	Cinema Room
THURSDAY 22nd	3pm	Bingo with Emma and Jemma	Garden Room
FRIDAY 23rd	11am	Musical entertainment ‘Olympic Opening special’	Cinema Room
			
	2.45pm	Wedding Celebrations Sarah & Jonny Live screening of the service followed by a Champagne reception	Cinema room moving to the garden room to receive the bride & groom
SATURDAY 24th	3pm	Film Afternoon on the big screen Hello Dolly (see notices for further info)	Cinema Room
SUNDAY 25th		Cinema room available all day for viewing residents’ selections	Cinema room

26th - 31st July

MONDAY 26th	10.15am	Chair Based Exercises	Cinema room
	11.00am	Reminiscence Group	Cinema room
TUESDAY 27th	11.00am	Mindful Adult Colouring with music inspiring creativity	Cinema room
	2.30pm	Crosswords	Cinema room
	4.45pm	15 mins of mindfulness	Cinema room
WEDNESDAY 28th	10.15am	Chair based exercises	Cinema room
	11am	Gadget Hour	Cinema room
	2.30pm	Quiz Hour – ‘The Chase’	Cinema room
THURSDAY 29th	3pm	Bingo with Emma and Jemma	Garden room
FRIDAY 30th	11am	‘Fitness Friday’ Drum fit to music	Garden room
	3.00pm	‘Doggie Olympics’ <i>(see notices for further info)</i>	Garden
	4.30pm	Happy Hour – Drinks and Laughter	Cinema room
SATURDAY 31st	3pm	Film Afternoon on the big screen Cool Runnings <i>(see notices for further info)</i>	Cinema room