



Groveland Park 2015 - Events & Activities Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>10.00 – 11.00 Coffee morning and discussion for week ahead</p>	<p>10.00 – 11.00 1-1 manicures and pamper sessions with Tracy</p>	<p>10.00 – 11.00 Current news affairs with Tracy – newspaper discussion</p>	<p>10.00 – 4.00 Reflexology and Reiki healing with Barbara</p>	<p>10.00 – 11.00 Wordsearch Quiz</p>	<p>10.00 – 11.00 Coffee Morning in the Bistro</p>	<p>10.00 – 11.00 Test your knowledge with crossword</p>
<p>11.00 – 12.00 Yoga with Tracy</p>	<p>11.00 – 12.00 Motivation class Paula</p>	<p>11.00 – 1.00 Flower arranging with Tracy</p>	<p>11.00 – 1.00 Knit & Purl – Knitting class held in the Library</p>	<p>11.00 – 12.00 Meditation – Learn the technique</p>	<p>11.00 – 1.00 Balloon warmup – seated exercises</p>	<p>11.00 – 12.00 Nostalgia time – questions and answers</p>
<p>12.00 – 1.00 Greenfingers Gardening Club with Martin</p>	<p>12.00 – 1.00 Musical Bingo and Sing-along</p>	<p>1.00 – 2.00 Lunch Alfresco Enjoy lunch on the terrace (weather permitting)</p>	<p>2.30 – 3.30 Test your knowledge with a selection of games</p>	<p>12.00 – 1.00 Bingo in the Bistro</p>	<p>2.30 Onwards Creative afternoon with arts & crafts</p>	<p>2.30 Onwards Bible stories</p>
<p>2.00 – 4.00 Farningham Village Hall Tea Dance</p>	<p>2.30 Onwards Creative Time with Tracy</p>	<p>2.30 Onwards Cake Baking and decorating</p>	<p>3.00 Onwards Live entertainment – David Nightingales all-round act (Singing, comedy, impersonation)</p>	<p>2.00 Trip out – Visit to the local community church for choir service and refreshments</p>	<p>4.00 Quiz Time</p>	<p>3.00 – 5.00 Nightingale Dogs. (dog show)</p>
<p>2.30 – 3.30 Word association brain exercise</p>	<p>4.00 Target Practice on the Top Floor</p>	<p>3.00 Countryside Drive with Martin</p>	<p>4.00 Picture Bingo Win some prizes on the Top Floor</p>	<p>3.00 Watch a flick at the pics – popcorn and refreshments in the cinema</p>	<p>7.00 Cinema Club with Popcorn & Ice cream refreshments 'Laurel & Hardy'</p>	<p>7.00 Scrabble Challenge</p>
<p>4.00 Mix and Match Bingo in the Bistro</p>	<p>7.00 Cinema Club With vintage refreshments 'It's a wonderful life'</p>	<p>4.30 Onwards Meet and make friend on the terrace – with refreshments</p>	<p>6.00 Drinks & Nibbles in the Bar/Bistro</p>	<p>3.00 - 5.00 Live Entertainment 'Zoo Lab' (creepy crawlies show)</p>		
<p>6.00 Live Entertainment 'Taste of the Grape' with Tim Syrad</p>				<p>6.00 Tea and cake in the lower floor lounge</p>		

Lunch is between 1.00pm – 2.00pm
There will also be various visits and outings for residents in our Mini Bus and daily activities may vary.

Hairdressing with Tracy
Monday, Tuesday and Wednesday 9.00am – 15.30pm in our Hair Salon

Week 1