



# Groveland Park 2015 - Events & Activities Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>10.00 – 11.00</b> Coffee morning and discussion for week ahead</p>	<p><b>10.00 – 11.00</b> 1-1 manicures and pamper sessions with Tracy</p>	<p><b>10.00 – 11.00</b> News discussion – Current affairs with Tracy</p>	<p><b>10.00 – 4.00</b> Reflexology and Reiki Healing with Barbara</p>	<p><b>10.00 – 11.00</b> Manicure sessions in the Spa/Salon</p>	<p><b>10.00 – 11.00</b> Seated balloon warm-up</p>	<p><b>10.00 – 11.00</b> Indoor giant bowling</p>
<p><b>11.00 – 1.00</b> Greenfingers Gardening Club with Martin</p>	<p><b>11.00 – 1.00</b> Exercise Class – Gentle seated exercises</p>	<p><b>11.00 – 1.00</b> Flower arranging with Tracy</p>	<p><b>10.00 – 11.00</b> Coffee and Cake morning in the Bistro</p>	<p><b>10.00 – 1.00</b> Board Games - Variety</p>	<p><b>11.00 – 1.00</b> Test your knowledge – 1950's History quiz</p>	<p><b>11.00 – 1.00</b> Live acoustic guitar sing-along with Angela</p>
<p><b>2.30 Onwards</b> Arts and crafts afternoon with Tracy</p>	<p><b>2.00</b> Theatre Trip – ballet show at the Orchard Theatre</p>	<p><b>2.30 – 3.30</b> Mix and match Bingo in the Lounge</p>	<p><b>11.00 – 1.00</b> Knit and Purl with friends in the Library</p>	<p><b>12.00</b> Trip Out for Lunch at the Fighting Cocks</p>	<p><b>2.30</b> Snakes and Ladders on the Top Floor</p>	<p><b>2.30 Onwards</b> Creative afternoon</p>
<p><b>4.00</b> Trip down memory lane quiz and music</p>	<p><b>3.00</b> Film of your choice in the Cinema</p>	<p><b>2.30 Onwards</b> Walk around the park or refreshments on the sun terrace</p>	<p><b>2.30 Onwards</b> Test your knowledge quiz</p>	<p><b>2.30 Onwards</b> Fruity Friday – Sample a new variety of fruits from around the world</p>	<p><b>4.00</b> Live Entertainment Wartime sing-a-long</p>	<p><b>4.00 onwards</b> Easy listening with audiobooks</p>
<p><b>6.00</b> Casino Night with Champagne &amp; Canapés</p>	<p><b>4.00</b> Darts Accuracy Training in the Bar/Bistro</p>	<p><b>4.00 - 5.00</b> Game of cards</p>	<p><b>4.00 - 5.00</b> Reminisce through stories and objects</p>	<p><b>4.00 - 5.00</b> Cheese and wine tasting in the Bistro</p>	<p><b>7.00</b> Cinema Club with refreshments 'Top Hat'</p>	<p><b>6.00</b> Coffee &amp; Chat in the lower floor lounge.</p>
	<p><b>7.00</b> Cinema Club with vintage refreshments 'Bugsy Malone'</p>	<p><b>6.30</b> Tea &amp; Cake in the Middle floor lounge</p>		<p><b>6.00</b> 'Guess that Song' in the middle 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 2