



# 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 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> Gentle seated exercise warm-up</p>	<p><b>10.00 – 11.00</b> Balance and Endurance training</p>
<p><b>11.00 – 12.00</b> Meditation – Learn the techniques with Tracy</p>	<p><b>11.00 – 1.00</b> Motivation Class – improve your body and mind</p>	<p><b>11.00 – 1.00</b> Flower arranging with Tracy</p>	<p><b>10.00 – 11.00</b> Sensory taste and smell session</p>	<p><b>11.00 – 12.00</b> Gentle seated Yoga with Tracy</p>	<p><b>11.00 – 1.00</b> Board Games - Variety</p>	<p><b>11.00 – 12.00</b> Brain teaser quiz and crossword</p>
<p><b>12.00- 1.00</b> Music Knowledge – ‘name that tune’ game</p>	<p><b>2.30 Onwards</b> Stroll around the forever green Martens Grove</p>	<p><b>12.00 onwards</b> Trip Out in the Minibus to Shorne Woods</p>	<p><b>11.00 – 1.00</b> Knit and Purl with friends in the Library</p>	<p><b>12.00 - 1.00</b> Bingo in the Bistro</p>	<p><b>2.30</b> Nostalgia question and answer time</p>	<p><b>2.30</b> Board game variety in the Bistro</p>
<p><b>2.30 Onwards</b> Brain teasing word association game</p>	<p><b>4.00</b> Arts and Crafts afternoon with Tracy</p>	<p><b>3.00</b> History Quiz in the Bistro</p>	<p><b>2.30 -3.30</b> Church Service – visit from local community church</p>	<p><b>2.30 Onwards</b> Trip Out – stroll around the shops and tea stop</p>	<p><b>4.00</b> Live Entertainment Singer &amp; band ‘Susan &amp; The Dynamites’</p>	<p><b>4.00 onwards</b> Acoustic guitar sing-along with Angela</p>
<p><b>2.30 Onwards</b> Greenfingers Gardening Club with Martin</p>	<p><b>7.00</b> Cinema Club with vintage refreshments ‘Oklahoma’</p>	<p><b>4.00</b> Vintage Tea – Tea and cake on the terrace</p>	<p><b>4.00</b> Quiz afternoon in the Bistro</p>	<p><b>4.00</b> Word association game on the top floor</p>	<p><b>7.00</b> Cinema Club with refreshments ‘Breakfast at Tiffany’s’</p>	
<p><b>4.00</b> Live Entertainment Ballroom classes with Shirley</p>				<p><b>6.30</b> Live Entertainment ‘Gary King as Elvis’ Open Bar &amp; American Nibbles</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