



# 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>11.00 – 12.00</b> Quiz morning with Tracy in the Bistro</p> <p><b>2.30 – 3.30</b> Greenfingers Gardening Club with Martin</p> <p><b>6.30 onwards</b> Live entertainment 'Blues Brothers' Cocktails and buffet food</p>	<p><b>10.00 – 11.00</b> 1-1 pamper sessions with Tracy</p> <p><b>10.00 – 1.00</b> Trip Out – Diamond Jubilee Club (last Tuesday of each month)</p> <p><b>2.30</b> Motivation Class – Improve your body and mind</p> <p><b>3.00</b> Creative Time with Tracy</p> <p><b>7.00</b> Cinema Club with vintage refreshments 'Seven brides for Seven brothers'</p>	<p><b>11.00 – 1.00</b> News discussion – Current affairs with Tracy</p> <p><b>11.00 – 1.00</b> Flower arranging in the Bistro</p> <p><b>12.00 – 1.00</b> Mix and match Bingo</p> <p><b>2.30 Onwards</b> Drive out around sightseeing in the countryside</p> <p><b>4.00</b> Play your cards right in the Bistro</p>	<p><b>10.00 – 4.00</b> Reflexology and Reiki healing with Barbara</p> <p><b>11.00 – 1.00</b> The shops come to us – stalls set up in the lounge with nics and naks to buy</p> <p><b>11.00 – 1.00</b> Share your Past - Question and answer reminisce time</p> <p><b>3.00 Onwards</b> Pet therapy session – visit from the talented canine trio</p> <p><b>6.30</b> Live Entertainment 'Dreamboats &amp; Petticoats'</p>	<p><b>10.00 – 11.00</b> Manicure sessions in the Spa/Salon</p> <p><b>10.00 – 1.00</b> Trip Out Arts and crafts tips and techniques lesson with Hobby Craft</p> <p><b>12.00 – 1.00</b> Bingo Extravaganza in the Bistro</p> <p><b>2.30 Onwards</b> Scrabble challenge In the Bistro</p> <p><b>5.30</b> Vintage High Tea – In Bistro (Last Friday of each month)</p>	<p><b>10.00 – 11.00</b> Sing-along to all the classics in the Bistro</p> <p><b>11.00 – 1.00</b> Test your knowledge – general knowledge quiz</p> <p><b>3.00 - 5.00</b> Live Entertainment 'Zoolab' (Fluffy Animals show)</p> <p><b>7.00</b> Cinema Club with Popcorn &amp; Ice cream intervals 'Gone with the Wind'</p>	<p><b>10.00 – 11.00</b> TGentle seated exercises in the middle floor lounge</p> <p><b>11.00 – 12.00</b> Sensory box session</p> <p><b>2.30 Onwards</b> Arts, tips and tricks with Angela</p> <p><b>4.00</b> Easy listening audiobooks</p> <p><b>6.00</b> Evening drinks &amp; Snacks in the Bar Bistro</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 4