

<p>Monday 15th January</p> 	<p>Time 9.00am 9.30am 10.30am 11.30am 1.30pm 3.00pm</p>	<p>Activity Paper round. Walking Group, weather permitting. Word games in Ashworth Lounge with Carmie. Music walk, meet in Roughana Court. UNO (cards) in Roughana Mimimis entertain in Roughana Court. All welcome</p>
<p>Tuesday 16th January</p> 	<p>Time 9.00am 9.30am 11.30am 12.00noon 1.30pm 2.00pm</p>	<p>Activity Paper round. Walking Group, weather permitting. Music walk, meet in Roughana Court. Cooking and luncheon with Carolyn Bingo in Roughana Court Hand therapy in the Chapel with Wendy</p>
<p>Wednesday 17th January</p> 	<p>Time 9.00am 9.30am 11.30am 1.30pm</p>	<p>Activity Paper round. Walking Group, weather permitting. Music walk, meet in Roughana Court. Bingo in Roughana Court with Carmie and Denise. No Church Service today</p>
<p>Thursday 18th January</p> 	<p>Time 9.00am 10.00am 10.30am 11:30am 1.30pm 5.00pm</p>	<p>Activity Paper round. Men's group in Ashworth Lounge. Air chair club in Roughana Court. Music walk, meet in Roughana Court. Craft in Ashworth Lounge. All welcome. Tai Chi in Ashworth Lounge with Rob.</p>
<p>Friday 19th January</p> 	<p>Time 9.00am 10.30am 11.30am 1.30pm 3.30pm</p>	<p>Activity Paper round. Groovy moves in Ashworth lounge Music walk, meet in Roughana Court. Bingo in Roughana Court. All welcome. Happy Hour in Ashworth Lounge. All welcome.</p>

A welcome return of the Men's Group last week after the Christmas break. Organisers reporting it to be one of their best men's groups they have ever had! Congratulations fellas, keep up the great work in 2018!!



Happy Hour also restarted last week, with the wonderful Dennis O'Carroll everyone had a whale of a time.



Cake decorating in the Hawkins activities room happened on Friday and was a great success. The creations were gorgeous and delicious!!

Journal of Memories

Do you want to write your life history and record what is important to you?

How can you be involved?



You have the opportunity to join a group that will meet on a regular basis to help each other put together your memories and stories in your own style. For example a booklet of folders which can include photos, newspaper items and holiday stories and the list goes on.

This group will meet in the Ashworth lounge.

Please contact Lisa Sanders or Theresa Connor to express your interest.