




# 1st - 9th May

<b>SATURDAY</b> 1 <sup>st</sup>	3pm	<b>Film Afternoon on the big screen</b> <b>Singin in the Rain</b> <b>(see notices for further details)</b>	Cinema room
<b>SUNDAY</b> 2 <sup>nd</sup>		Cinema room available all day for viewing residents' selection	
<b>MONDAY</b> 3 <sup>rd</sup>		<b>MAY BANK HOLIDAY</b>	
<b>TUESDAY</b> 4 <sup>th</sup>	10.30am	<b>Crosswords</b>	Cinema room
	3.30pm	<b>Music and Move it!</b> <b>(see notices for further details)</b>	Cinema room
	4.45pm	<b>15 mins of mindfulness</b>	Cinema room
<b>WEDNESDAY</b> 5 <sup>th</sup>	10.15am	<b>Chair based exercises</b>	Cinema room
	11am	<b>Gadget Hour</b>	Cinema room
	2.30pm	<b>Lynn's mobile shop</b>	
<b>THURSDAY</b> 6 <sup>th</sup>	3pm	<b>Bingo with Emma and Jemma</b>	Garden room
<b>FRIDAY</b> 7 <sup>th</sup>	10.30am	<b>Art Group via zoom</b>	Cinema room
	2.30pm	<b>Quiz Hour – The chase</b>	Cinema room
	4.30pm	<b>Happy Hour – Laughter and drinks</b>	Cinema
<b>SATURDAY</b> 8 <sup>th</sup>	3pm	<b>Film afternoon on the big screen</b> <b>True Grit</b> <b>(see notices for further details)</b>	
<b>SUNDAY</b> 9 <sup>th</sup>	4.15pm	<b>Pre supper piano recital with Anna</b>	Cinema room

## ***10th - 16th May***


<b>MONDAY 10<sup>th</sup></b>	10.15am	<b>Chair based exercises</b>	Cinema room
	11am	<b>Reminiscence Group</b> Sharing memories over a cup of coffee	Cinema room
<b>TUESDAY 11<sup>th</sup></b>	10.30am	<b>Crosswords</b>	Cinema room
	3.30pm	<b>'Sing for your supper'</b> Sing-a-long afternoon	Cinema room
	4.45pm	<b>15 mins of mindfulness</b>	Cinema room
<b>WEDNESDAY 12<sup>th</sup></b>	10.15am	<b>Chair Based Exercises</b>	Cinema room
	11am	<b>Gadget Hour</b>	Cinema Room
	2.30pm	<b>Linkee with Lynn</b>	Cinema room
<b>THURSDAY 13<sup>th</sup></b>	3pm	<b>Bingo with Emma &amp; Jemma</b>	Garden room
<b>FRIDAY 14<sup>th</sup></b>	11.00am	<b>'Fitness Friday'</b> Drum fit to music	Cinema Room
	2.30pm	<b>Quiz – The Chase</b>	Cinema Room
	4.30pm	<b>Happy Hour – Laughter and Drinks</b>	Cinema Room
<b>SATURDAY 15<sup>th</sup></b>	3pm	<b>Film Afternoon on the big screen</b> <b>Esio Trot</b> <b>(see notices for further info)</b>	Cinema Room
<b>SUNDAY 16<sup>th</sup></b>		<b>Cinema Room available all day for viewing Residents' selections</b>	

# 17th - 23rd May

<b>MONDAY</b> <b>17<sup>th</sup></b>		<b>'Chick Hatching at Westall House'</b> (see notices for further info)	Upstairs sun lounge
	10.15am	<b>Chair Based Exercises</b>	Cinema room
	11.00am	<b>Reminiscence Group</b>	Cinema room
	3pm	<b>'Feed the Birds'</b> Dressing and making birds for this years Westall House Scarecrow (see notices for further details)	Cinema room & garden
<b>TUESDAY</b> <b>18<sup>th</sup></b>	10.30am	<b>Crosswords</b>	Cinema room
	3.30pm	<b>'Big Band Afternoon'</b> The history and sounds of the big bands	Cinema Room
	4.45pm	<b>15 mins of mindfulness</b>	Cinema Room
<b>WEDNESDAY</b> <b>19<sup>th</sup></b>	10.15am	<b>Chair based exercises</b>	Cinema Room
	11am	<b>Gadget Hour</b>	Cinema Room
	2.30pm	<b>Lynn's mobile shop</b>	Cinema Room
<b>THURSDAY</b> <b>20<sup>th</sup></b>	3pm	<b>Bingo with Emma and Jemma</b>	Garden Room
<b>FRIDAY</b> <b>21<sup>th</sup></b>	11am	<b>'Fitness Friday'</b> Chair based dance, yoga and qui gong	Garden Room
	2.30pm	<b>Quiz Hour – The Chase</b>	Cinema Room
	4.30pm	<b>Happy Hour – Drinks and Laughter</b>	Cinema Room
<b>SATURDAY</b> <b>22<sup>nd</sup></b>	3pm	<b>Film Afternoon on the big screen</b> <b>Around the World in 80 Days</b> (see notices for further info)	Cinema Room
<b>SUNDAY</b> <b>23<sup>rd</sup></b>	4.15pm	<b>Pre supper piano recital with Anna</b>	Cinema room

## ***24th - 31st May***

Heather on annual leave this week

<b>MONDAY 24<sup>th</sup></b>	11am	<b>Reminiscence Group –</b> Sharing memories over a cup of coffee with Sarah	Cinema Room
<b>TUESDAY 25<sup>th</sup></b>	11am	<b>Crosswords with Ronnie</b>	Cinema Room
<b>WEDNESDAY 26<sup>th</sup></b>	11am	<b>Chair based exercises with Ronnie</b>	Cinema room
	2.30pm	<b>Linkee with Lynn</b>	Cinema room
<b>THURSDAY 27<sup>th</sup></b>	11.00am	<b>Violinist - Sarah Milner Spring concert on the big screen with Ronnie</b>	Cinema room
	3pm	<b>Bingo with Emma and Jemma</b>	Garden Room
<b>FRIDAY 28<sup>th</sup></b>	11am	<b>Desert Island Discs with Sarah</b>	Cinema room
<b>SATURDAY 29<sup>th</sup></b>	3pm	<b>Film Afternoon on the big screen Sixtysix</b> <i>(see notices for further info)</i>	Cinema room
<b>SUNDAY 30<sup>th</sup></b>	4.15pm	<b>Pre supper piano recital with Anna</b>	Cinema Room
<b>MONDAY 31<sup>st</sup></b>		 <p style="text-align: center;"><b>Spring Bank Holiday</b></p>	