

Our theme for October is Wildlife



Hello all

September has flown by and now autumn is truly upon us. The leaves are falling and the nights drawing in.

This month we turn our thoughts to the local wildlife and will look at different ways we can encourage more into the garden – making bird feeders, nest boxes, planting and lots more.

There will be a talk on the 26th at 2.30pm about our local natural history, which should be very interesting.

Don't forget to look out for our usual favourites – gentle exercise and relaxation each day, Margo's manicures on Thursdays, the Buddy Singers, Tim West and our popular harpist Fiona.

This month's quiz is attached for you to have a go.

The answers to last month's cake quiz are as follows: 1. Fairy Cake or Cup Cake. 2. Black Forest Gateau. 3. Yule Log. 4. Chocolate Eclair. 5. Egg Custard Tart. 6. Battenburg. 7. Dundee Cake. 8. Jam Tart. 9. Cheesecake. 10. Victoria Sponge. 11. Lamington. 12. Bakewell Tart. 13. Tarte Tatin. 14. Tiramisu. 15. Carrot Cake. 16. Custard Slice. 17. French Fancies. 18. Gingerbread. 19. Simnel Cake. 20. Pavlova.

We look forward to seeing you at our events and in the Activity Room, where there are library books and puzzles for you to borrow.

Best regards,

Libby, Jean and Margaret

INGLEWOOD DIARY OF EVENTS FOR OCTOBER 2009



Thurs 1 st	Hairdressing by appointment Margo's Manicures	
	11.30 am Gentle Exercises	Day Room
	2.30 pm Talk about Eastbourne Streets By David Robertson	Day Room
Fri 2 nd	No activities	
Sat 3 rd	No activities	
Sun 4 th	No activities	
Mon 5 th	11.00 am Max and Selina visit	
	2.30 pm Gentle Exercises and Relaxation	Act.Room
	3.00 pm Tea and Chat	Day Room
Tues 6 th	Chiropody Visit - First Floor	
	10.30 am Knitting Circle	Act.Room
	2.30 pm Gentle Exercises	Day Room
	3.00 pm Bingo	Day Room
Wed 7 th	10.30 am Scrabble Challenge	Act.Room
	2.30 pm Gentle Exercise	Day Room
	3.00 pm Quiz	Day Room

Prayers and Hymns

Act.Room



Wed 14th

11.00 am

Scrabble Challenge

Act.Room

2.30 pm

Gentle Exercise

Day Room

3.00 pm

Wii



Happy Birthday to Priscilla Taylor

Thurs 15th

Hairdressing by appointment
Margo's Manicures

11.00 am

Dominoes

Act.Room

2.30 pm

Gentle Exercise

Day Room

3.00 pm

Reminiscence

Day Room

Fri 16th

11.00 am

Flower Arranging

Act.Room

2.30 pm

Gentle Exercise

Day Room

3.00 pm

Crossword

Day Room

Sat 17th

11.00 am

Pot Luck

Act.Room

2.30 pm

Gentle Exercise and
Relaxation

Day Room

3.00 pm

Painting

Act.Room



Happy Birthday to Eleanor Alston

Sun 18th

11.30 am

Quiz

Day Room

2.30 pm

Gentle Exercise and
Relaxation

Day Room

Mon 19 th	3.30 pm	Arts and Crafts	Day Room
	11.00 am	Selina and Max visit	
	2.30 pm	Gentle Exercise	Day Room
	3.30 pm	Arts and Crafts	Act.Room
	5.00 pm	Room visits	



Tues 20 th	11.00 am	Bingo	Act.Room
	2.30 pm	Gentle Exercise	Day Room
	3.00 pm	Jigsaw Puzzles	

Wed 21 st	11.30 am	Gentle Exercises	Day Room
	2.30 pm	Entertainment - Tim West	Day Room



Thurs 22 nd	Hairdressing by appointment		
	Margo's Manicures		
	Room visits		
	11.00 am	Scrabble Challenge	Act.Room
	2.30 pm	Gentle Exercise	Day Room
	3.00 pm	Tea and Games	Day Room

Fri 23 rd	11.00 am	Arts and Crafts	
	2.30 pm	Gentle Exercise	Day Room
	3.30 pm	Arts and Crafts	Act.Room



Happy Birthday to Jean Dumbrell

Sat 24 th	11.00 am	Quiz	Act.Room
	2.30 pm	Gentle Exercise and Relaxation	Day Room

	3.30 pm	Arts and Crafts	Act.Room
Sun 25 th	11.30 am	Gentle Exercise	Day Room
	2.30 pm	Short Stories	Day Room



Happy Birthday to Ethel Harris

Mon 26 th		Chiropody visit - Ground floor	
	11.00 am	Selina and Max visit	
	2.30 pm	Natural History of Eastbourne - Talk by Wing Commander Coulcher	Day Room



Tues 27 th	11.30 am	Gentle Exercise	Day Room
	2.30 pm	Buddy Singers and Bible Studies	Act.Room

Wed 28 th		Room visits	
	11.00 am	Computer Tuition	
	2.30 pm	Gentle Exercise	Day Room
	3.00 pm	Bingo	Day Room

Thurs 29 th		Hairdressing by appointment Margo's Manicures	
	11.00 am	Card Games	Act.Room
	2.30 pm	Gentle Exercise	Day Room
	3.00 pm	Floor Games	



Fri 30 th	11.00 am	Arts and Crafts	Act.Room
	2.00 pm	Residents Meeting	
	3.30 pm	Arts and Crafts	Act.Room



Sat 31 st	11.00 am	Gentle Exercise and Relaxation
	2.30 pm	Pumpkin weigh-in - prizes given Tea and History of Halloween

