

# ALFRISTON COURT WEEKLY ACTIVITIES



w/c 22/01/2024	Morning 11am – 12.30pm	Afternoon 1.30pm – 4.00pm
<p><b>Monday</b></p>	 <p>Join us for coffee and a chat</p>	<p><b>1:1 Room Visits</b></p> <p><b>WHATS IN THE NEWS?</b> <b>Daily Sparkles</b></p>  <p><b>Reminiscing</b> <b>Games and fun time</b></p>
<p><b>Tuesday</b></p>	 <p><b>Gwen our hairdresser will be in</b></p>	<p><b>NATIONAL PIE DAY</b> <b>JOIN US FOR SOME PIE MAKING FOLLOWED BY</b></p>  <p><b>ART</b></p>
<p><b>Wednesday</b></p>	<p><b>GENTLE EXERCISES TO MUSIC IN THE DINING ROOM</b></p> 	<p><b>BURNS NIGHT CELEBRATIONS</b> <b>TROLLEY DASH</b></p> 

<p><b>Thursday</b></p>	 <p>Lets talk about Robert Burns and Scotland</p> 	<p><b>BURNS NIGHT QUIZ AND WORDSEARCH</b></p> 
<p><b>Friday</b></p>	<p><b>RSPB BIG GARDEN BIRD WATCH</b> 26<sup>th</sup> - 28<sup>th</sup> January</p>  <p>1:1 Room Visits</p> <p>Daily Sparkles and Reminiscing</p>	 <p><b>QUIZ TIME, GAMES AND EYES DOWN FOR A GAME OF BINGO</b></p> 
<p><b>Saturday</b></p>	<p><b>NATIONAL CHOCOLATE CAKE DAY</b></p> 	<p><b>1:1 Room Visits</b></p> <p><b>Remembering Holocaust Day</b></p>
<p><b>Sunday</b></p>	<p><b>PLEASE ENJOY OUR PUZZLES AND WORDSEARCHES AVAILABLE TO YOU</b></p>	

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**WE WISH YOU A HAPPY WEEK – if you need anything let us know**