



BEECHWOOD GROVE
— PART OF OAKLAND CARE —

Lifestyles Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Coffee Club 10.00am Bistro	Coffee Club 10.00am Bistro	Coffee Club 10.00am Bistro	Coffee Club 10.00am Bistro	Coffee Club 10.00am Bistro	Coffee Club 10.00am Bistro	Coffee Club 10.00am Bistro
Music Memory 11.00am Ash	Dancercise 11.00am Cedar	Book Club 11.00am Ash	Yoga 11.00am Cedar	Minibus Outing 11.00am Ash	Picture Quiz 11.00am Bistro	Pamper Day 11.00am Ash
Word Games 11.15am Birch	Knock 'em down 11.15am Birch	Brain Teasers 11.15am Bistro	Word Games 11.15am Birch	Knock 'em down 11.15am Birch	Brain Teasers 11.15am Bistro	Balloon Games 11.15am Birch
Lunchtime	Lunchtime	Lunchtime	Lunchtime	Lunchtime	Lunchtime	Lunchtime
Target Practice 2.30pm Ash	Countdown 2.30pm Bistro	Davent Students 2.30pm Ash	Keep Fit  3.00pm Ash	Dog Racing  2.30pm Bistro	Frankie Valli Tribute 2.30pm Ash	Target Practice 2.00pm Ash
Name That Tune 3.00pm Birch	Crafting 3.00pm Cedar	Play Your Cards Right 3.00pm Birch	Harmonies 3.00pm Birch	Keep Fit 3.00pm Cedar	Name That Tune 3.00pm Birch	Afternoon Tea 3.00pm Bistro
Happy Hour 4.00pm Bistro	Happy Hour 4.00pm Bistro	Happy Hour 4.00pm Bistro	Happy Hour 4.00pm Bistro	Happy Hour 4.00pm Bistro	Happy Hour 4.00pm Bistro	Happy Hour 4.00pm Bistro

Live, Love and Be Loved

Hello everyone and welcome to another week at Beechwood Grove. It's time to try something new this week with plenty of different activities to try, why not pop along?

Let's start the week as we mean to go on and join us for a Monday morning keep fit session. In the afternoon we will be putting your brains to the test with a game of Name That Tune.

On Tuesday we will be celebrating National Arts Day with our very own arts and crafts, drawing and music sessions starting from 11am in the bistro. Get ready to let your creative flair shine through!

On Wednesday morning we will be pumping it up in a dancercise class, be sure to come equipped with your best moves.

On Thursday why not join us in the bistro and see if you can play your cards right?

On Friday we will be enjoying an afternoon at the races, so place your bets and may the best dog win!

The weekend has much to offer with a performance from a Frankie Valli tribute act and a keep fit class.

On Sunday we will host a nice relaxing pamper morning and a delicious afternoon tea.

Have a great week and we will see you all very soon.

The Lifestyles Team



BEECHWOOD GROVE

— PART OF OAKLAND CARE —

What's on at Beechwood Grove Care Home