

# March

# 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						St.Davids Day Lunch 10.30am Coffee Morning 12-3pm Sunday Lunch
10.30am Coffee Morning	12-2pm Harri Wellbeing Studio (Inc Park Walk at 12.30pm) 3pm Cuppa & Cake	Jill – Hairdresser 10.30am Coffee Morning Chiropodist	12-2pm Harri Wellbeing Studio (Inc Chair Aerobics at 12.30pm) 3pm Cuppa & Cake <u>Scampi and Chips Supper</u>	10.30 am TESCO Trip 10.30am Coffee Morning <u>3pm Choir</u> <u>White Chocolate Cheesecake Day</u>	10.30am Coffee Morning  5-7pm Bar Snacks & Nibbles	10.30am Coffee Morning 12-3pm Sunday Lunch
10.30am Coffee Morning	12-2pm Harri Wellbeing Studio (Inc Park Walk at 12.30pm) 3pm Cuppa & Cake	Jill - Hairdresser 10.30am Coffee Morning Chiropodist	12-2pm Harri Wellbeing Studio (Inc Chair Aerobics at 12.30pm) 3pm Cuppa & Cake <u>French Supper</u>	10.30am TESCO Trip 10.30am Coffee Morning <u>3pm Choir</u>	10.30am Coffee Morning  5-7pm Bar Snacks & Nibbles	10.30am Coffee Morning 12-3pm Sunday Lunch  <u>Free Dessert with any Main</u>
10.30am Coffee Morning	12-2pm Harri Wellbeing Studio (Inc Park Walk at 12.30pm) 3pm Cuppa & Cake  <u>St.Patrick’s Day Supper</u>	Jill - Hairdresser 10.30am Coffee Morning Chiropodist	12-2pm Harri Wellbeing Studio (Inc Chair Aerobics at 12.30pm) 3pm Cuppa & Cake  <u>5.30 Quiz Night</u>	1st Day of Spring 10.30 am TESCO Trip 10.30am Coffee Morning <u>3pm Choir</u>  <u>1st Day of Spring Lunch</u>	10.30am Coffee Morning  5-7pm Bar Snacks & Nibbles	Mother’s Day  10.30am Coffee Morning 12-3pm Sunday Lunch
10.30am Coffee Morning	12-2pm Harri Wellbeing Studio (Inc Park Walk at 12.30pm) 3pm Cuppa & Cake <u>Managers Lunch @1pm</u>	Jill - Hairdresser 10.30am Coffee Morning Chiropodist	3pm Cuppa & Cake  <u>American Supper</u>	10.30 am TESCO Trip 10.30am Coffee Morning <u>3pm Choir</u>	10.30am Coffee Morning  5-7pm Bar Snacks & Nibbles	10.30am Coffee Morning 12-3pm Sunday Lunch
10.30am Coffee Morning	12-2pm Harri Wellbeing Studio (Inc Park Walk at 12.30pm) 3pm Cuppa & Cake					

## Events

### The Kitchen Brasserie – how to book your table

The Kitchen team of Spencer and Vanessa are passionate about providing you with freshly cooked, taste bud tingling meals made with fresh ingredients. Help them to make your dining experience even better by booking in advance whenever you can and if you know what you are going to have let us know that too! Bookings can be made by ringing 201 or speaking to reception in person.

### Harri – Wellbeing Studio

Please take note that Harri, our gym instructor is here every Tuesday and Thursday between 12pm till 2pm. She is holding a Park Walk every Tuesday at 12.30pm (Whether permitting) if you would like to join please meet in reception at 12.25pm.  
Also Every Thursday Harri has a chair aerobics class at 12.30pm, if you wish to join please meet her in the gym.

### Choir

2<sup>nd</sup> time around, Lisa and Liz have made a Queensgate Apartments choir group, we love seeing as many of you down for this as possible. Come along and join in for a bit of a sing song!