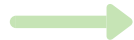


## Test your Knowledge

Previous weeks  
Crossword solution



### Down

- 1 Tyrannical (8)
- 2 People of Switzerland (5)
- 4 Not feasible (13)
- 5 Forbidden (5)
- 6 Self-centredness (7)
- 7 River of Hades (4)
- 8 Jail (6)
- 13 Perfect (8)
- 15 Face-cloth (7)
- 16 Unmarried (6)
- 18 Flavour (5)
- 20 Therefore (5)
- 21 Lose weight (4)

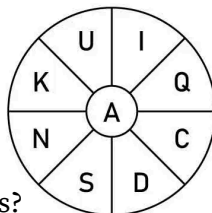
### Finish the saying

Tempest in a ..... Belle of the .....  
Shape up or ..... Eyes like a .....

### Word Wheel

How many words can  
you make with these letters?

Words must contain the letter in the centre



# The WELLBEING WEEKLY

MONDAY 18<sup>th</sup> MAY  
EDITION 5

Weather forecast  
Cloudy with sunny  
intervals, highs of 21 degrees



### Welcome to your Wellbeing Weekly.

Monday 18<sup>th</sup> May until Sunday 24<sup>th</sup> May is Dementia Action Week and we are proudly supporting this annual campaign which raises awareness to improve the lives of people living with dementia.

On Tuesday 19<sup>th</sup> May, we invite everyone to join us for a wellbeing walk. Meet at Reception at 10:30am and enjoy a short stroll over to The Oaks Winter Garden for "Forget me Not" coffee morning hosted by our Oaks service. 🌸

### Local trips this week

Contact your care team  
to check availability

#### Monday

Oaks 10am Kiplin Hall

#### Tuesday

Gardens 10:30am Larchfield Community  
Oaks 2pm Raby Castle

#### Wednesday

Grove 2pm Newham Grange Farm

#### Thursday

Oaks 10am Kirkleatham Walled Gardens  
Court 2pm Tees Barrage

#### Friday

Gardens/Grove 2pm Headlam Hall

**Monday** Grove Lounge 12 noon

**Tuesday** Court Lounge 12:15pm

**Thursday** Gardens Lounge 12:15pm

**Friday** Catkin Lounge 12:15pm



### Chair exercise sessions

### This day when...

**332** Free Daily Bread ! Roman Emperor Constantine the Great institutes free daily bread rations in Constantinople.

**1860** US Republican Party nominates Abraham Lincoln for president.

**1969** Apollo 10 launches from Kennedy Space Centre and later transmits the 1st colour pictures of Earth from space

**Born this day 18th May 1909** - Fred Perry. British tennis and table tennis player.

### Across

- 1 Measured quantity of medicine (4)
- 3 Languid, apathetic (8)
- 9 Rider's footrest (7)
- 10 Plunder (5)
- 11 Fertile tract in a desert (5)
- 12 Handsome youth (6)
- 14 Immeasurably small (13)
- 17 Derived from milk (6)
- 19 Not in any way (5)
- 22 Countries (5)
- 23 Equilibrium (7)
- 24 Seasickness (3,2,3)
- 25 Optical glass (4)

### Brain Teasers

I make two people out of one. **What am I?**

I'm often held but rarely touched. **What am I?**

I act like a cat, I look like a cat, Yet I am not a cat. **What am I?**

**Trivia Q:** The Ashmolean Museum can be found in which British city?

**Q:** What was Queen Victoria's birth name?

**Q:** What is the slang term for £500?

| 18 <sup>th</sup><br>May  | MONDAY<br> | TUESDAY<br>   | WEDNESDAY<br> | THURSDAY<br> | FRIDAY<br> | SATURDAY<br> | SUNDAY<br>                |
|--|--|---|---|--|--|--|---|
| 10:30<br>AM  | Monday Jukebox<br>Grove Lounge<br>with<br>Ayme   | Forget me not <br>Wellbeing<br>walk & talk<br>Meet at reception<br>10:30am | Singing<br>for the Soul<br>The Drawing<br>Room<br>with Ayme                                   | Music Medley<br>11am<br>Grove Lounge<br>with Rachel  | Seasonal Crafts<br>Art Studio<br>with<br>Elaine  | Big Saturday<br>Quiz<br>Grove Lounge<br>with<br>Elaine   | Carpet Bowls<br>Gardens Lounge<br>with<br>Elaine  |
| 10:30<br>AM  | Venetia<br>available<br>for<br>one to one<br>visits  | Forget me not <br>Coffee morning<br>Oaks Winter<br>Garden<br>from 11am     | Midweek meet up<br>11:30am<br>The Drawing<br>Room<br>with Venetia                             | The weather<br>looks good,<br>enjoy a stroll<br>around the<br>grounds                          | Carpet Bowls<br>Grove Lounge<br>with<br>Venetia  | Catch up with<br>fellow residents &<br>enjoy<br>refreshments<br>in your lounge<br>from 11am    | The weather<br>looks good,<br>visit the pond &<br>catch a glimpse of<br>the moorhens and<br>their chicks    |
|  | LUNCH  | LUNCH   | LUNCH   | LUNCH  | LUNCH  | LUNCH  | LUNCH   |
| 2:15<br>PM   | Word Games<br>The Drawing<br>Room<br>with<br>Venetia                                       | Board Games<br>Court Lounge<br>with<br>Venetia  | Play your way<br>to fitness<br>Gardens Lounge<br>with<br>Venetia                              | Knit & Natter<br>Grove Lounge<br>with<br>Venetia   | Play your way<br>to fitness<br>Acorn Lounge<br>with<br>Venetia                               | Creativity Club<br>Art Studio<br>with<br>Elaine  | Bingo<br>The Vision<br>Room<br>with<br>Elaine   |
| 2:15<br>PM   | Ayme<br>available<br>for<br>one to one<br>visits   | Needlecrafts<br>Grove Lounge<br>with<br>Ayme  | Singing<br>for the Soul<br>2:30 pm<br>Oaks only<br>with<br>Ayme                               | Enjoy<br>Cake & Company<br>in your<br>lounge<br>from 3:30pm                                    | Elaine<br>available<br>for<br>one to one<br>visits   | Enjoy<br>Cake & Company<br>in your<br>lounge<br>from 3:30pm                                    | Have you<br>completed<br>this weeks<br>crossword<br>& trivia?<br>Crossword<br>solution revealed<br>tomorrow |