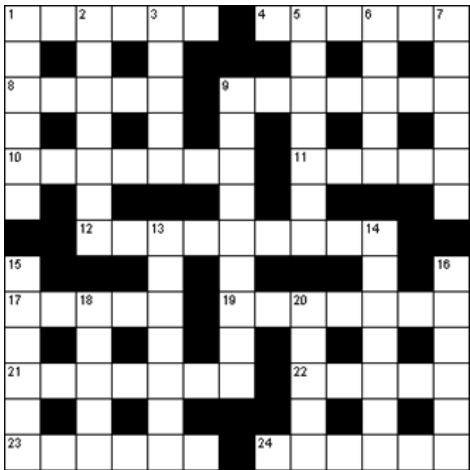


**Test your knowledge**



Previous weeks  
Crossword solution



D	O	S	E	L	I	S	T	L	E	S		
E	W	P		M	A	G	T					
S	T	I	R	U	P	B	O	O	T	Y		
P		S	I	R	O	T	X					
O	A	S	I	S	A	D	O	N	I	S		
T			O	C								
I	N	F	I	N	I	T	E	S	I	M	A	L
C	L											
L	A	C	T	I	C	N	O	H	O	W		
S	N	A				A	G	E	L			
L	A	N	D	S	B	A	L	A	N	C	E	
I	E	T										
M	A	L	D	E	M	E	R	L	E	N	S	

**Down**

- 1 Blood vessel (6)
- 2 Sure (7)
- 3 Moroccan capital (5)
- 5 Italian dish of rice cooked in stock (7)
- 6 Broker (5)
- 7 Heavenly spirits (6)
- 9 Scandinavian language (9)
- 13 Most costly (7)
- 14 Stealthy (7)
- 15 Beer producer (6)
- 16 Vipers (6)
- 18 Mean person (5)
- 20 Hours of darkness (5)

**Who said it?**

“All the world’s a stage, and all the men and women merely players”

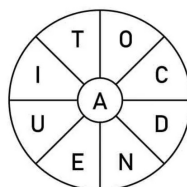
**Previous weeks solution**

- 1. Teacup 2. Ball 3. Ship out 4. Hawk

**Word Wheel**

How many words can you make with these letters?

Words must contain the letter in the centre



**Trivia & brain teasers**

**Brain Teaser** What occurs once in every minute, twice in every moment, yet never in a thousand years?

- Q1 : When did the London Underground open?
- Q2 : What is the only body part fully grown from birth ?
- Q3 : What do you call a group of flamingos?

**Previous week brain teasers solution** 1. Mirror 2. Tongue 3. Kitten

**Trivia solutions** 1. Oxford 2. Alexandrina Victoria 3. A Monkey

*The* **WELLBEING WEEKLY**



**Weather forecast**  
Generally clear. Very warm with highs of 28 degrees

MONDAY 25th MAY  
EDITION 6

**Welcome to your Wellbeing Weekly.**

**Monday 25th May** marks Spring Bank Holiday Monday. Originally known as Whitsun or Whit Monday, the Spring Bank Holiday was historically tied to the Christian festival of Pentecost. Since 1971 it has taken on a secular role in the UK calendar. In 1944, the hottest Whitsun Bank Holiday Monday was a sweltering 32.8 degrees and in 1960 the coldest recorded was just 5.7 degrees.

**Local trips this week**

Contact your care team to check availability

**Monday**

Oaks 10am Hopetown - Spitfire

**Tuesday**

Gardens 10:30am Seaton Carew  
Oaks 2pm Preston Park

**Wednesday**

Grove 2pm Walworth Castle

**Thursday**

Oaks 10am Ropner Park  
Court 2pm Ormesby Hall

**Friday**

Gardens/Grove 2pm Tindale Crescent



**Chair exercise sessions**

- Monday** Grove Lounge 12 noon
- Tuesday** Court Lounge 12:15pm
- Thursday** Gardens Lounge 12:15pm
- Friday** Catkin Lounge 12:15pm

**This day when...**

- 1768;** James Cook sailed on his first voyage of discovery, on which he explored the Society Islands and charted the coasts of New Zealand and West Australia.
- 1878;** W. S. Gilbert and Arthur Sullivan's comic opera "H.M.S. Pinafore" premieres in London, their first international success.
- 1967;** Celtic became the first British football club to win the European Cup beating Inter Milan 2-1 in Lisbon.
- Born this day May 25th 1913;** Richard Dimbleby, BBC's first war correspondent.

25th May	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:30 AM	Monday Jukebox Grove Lounge with Ayme	Board Games The Drawing Room with Venetia	Singing for the Soul The Drawing Room with Ayme	The library is open to browse or borrow a book	Carpet Bowls Grove Lounge with Venetia	The Big Saturday Quiz The Drawing Room with Elaine	Seasonal Crafts Art Studio with Elaine
10:30 AM	Very warm weather  is forecast today. Pop on a hat for a stroll around the grounds	Remember When Oaks only with Ayme	Midweek meet up 11:30am The Drawing Room with Venetia	The weather looks good, enjoy a stroll around the grounds	Elaine available for one to one visits	Catch up with fellow residents & enjoy refreshments in your lounge from 11am	Enjoy the social activity in your lounge
	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
2:15 PM	Ayme available for one to one visits	Word Games The Drawing Room with Venetia	Play your way to fitness The Vision Room with Venetia	Knit & Natter Grove Lounge with Venetia	Play your way to fitness Acorn Lounge with Venetia	Creativity Club Art Studio with Elaine	Bingo The Vision Room with Elaine
2:15 PM	Cool down  & catch up with fellow residents. Enjoy refreshments in your lounge from 3:30pm	Needlecrafts Grove Lounge with Ayme	Singing for the Soul 2:30 pm Oaks only with Ayme	Enjoy Cake & Company in your lounge from 3:30pm	Elaine available for one to one visits	Enjoy Cake & Company in your lounge from 3:30pm	Have you completed this weeks crossword & trivia? Solutions revealed tomorrow