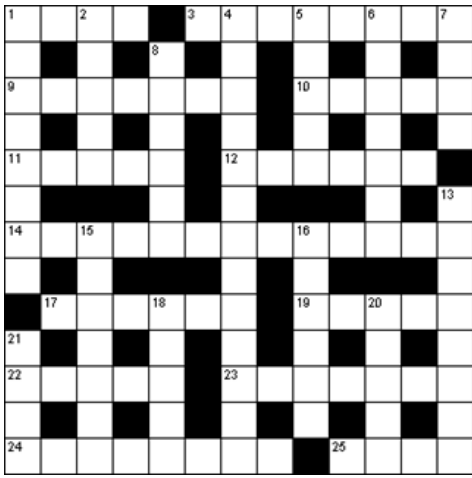


**Test your knowledge**



- Across**
- 1 Mountain lake (4)
  - 3 Promptly (4,4)
  - 9 Endanger (7)
  - 10 Rogue (5)
  - 11 Religion founded by Muhammad (5)
  - 12 Frightened (6)
  - 14 112 pounds (13)
  - 17 Orb (6)
  - 19 Smell (5)
  - 22 Hunting dog (5)
  - 23 Tranquil (7)
  - 24 Monday to Friday (8)
  - 25 Jab, nudge (4)

**Trivia & brain teasers**

**Brain Teaser :**  
A man pushes his car to a hotel and tells the owner he's bankrupt. Why?

**Trivia**

**Q1 :** What is the 4th letter of the Greek alphabet?  
**Q2:** How many European capitals does the Danube river flow through?  
**Q3:** Which food was once used as currency by the Aztecs?

**Previous week brain teasers solution :** 20 times  
**Trivia solutions** Q1: Catherine of Aragon Q2;The Quarry Men Q3.The Skin

Previous weeks  
Crossword solution



**Down**

- 1 Dusk (8)
- 2 Drive back (5)
- 4 In good health (4,3,6)
- 5 Card game (5)
- 6 Title at top of page (7)
- 7 Supplication (4)
- 8 Small quake (6)
- 13 Surprised (8)
- 15 One of the planets (7)
- 16 Self-centred person (6)
- 18 Terminated (5)
- 20 Tender (5)
- 21 Arab boat (4)

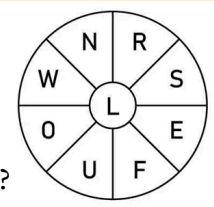
**Who said it?**

If you can meet with triumph and disaster and treat those two impostors just the same

**Previous weeks solution**  
Rhet Butler ( Clark Gable) Gone with the Wind

**Word Wheel**

How many words can you make with these letters?  
Words must contain the letter in the centre



*The* **WELLBEING WEEKLY**

MONDAY 29th JUNE  
EDITION 11

**Weather forecast**  
Partly cloudy,  
highs of 24 degrees

**Anyone for Tennis? Wimbledon Championships 2026** starts today and runs until Sunday 12 July, beginning with two days of Gentlemen's and Ladies' Singles matches.

**A little bit of Wimbledon History;** The All England Club had been founded solely for the purpose of croquet . The following year, the club moved to its first permanent site, on four acres of rented meadowland at Worple Road, Wimbledon. In 1875, one lawn was given over to the new game of lawn tennis, which quickly overtook croquet in popularity. Conditions were primitive, with a temporary three-plank stand offering seats for 30 people, the total attendance for the final was 200. The rackets resembled snowshoes in shape and weight and the balls had hand-sewn flannel outer casings.

**Local trips this week**

Contact your care team to check availability

- Monday**  
Oaks 10am Penshaw Monument
- Tuesday**  
Gardens 10:30am Saltburn  
Oaks 2pm Whitegates
- Wednesday**  
Grove 2pm Redcar
- Thursday**  
Oaks 10am South Park  
Court 2pm Saltburn
- Friday**  
Gardens/Grove 2pm Teesside Park
- 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...**

- 1613:** Shakespeare's Globe Theatre in London burns down during a performance of "Henry VIII"
- 1850:** British ex-Prime Minister Sir Robert Peel falls off his horse; dies three days later.
- 1958:** FIFA World Cup Final, Råsunda Stadium, Stockholm, Sweden: Vavá & Pelé each score two goals as Brazil defeats Sweden 5-2
- Born this day: Katherine Jenkins OBE.** mezzo-soprano 29 June 1980 (age 45 years), Neath, Wales

29th June	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	11am Music Medley Grove Lounge with Rachel	Carpet Bowls Grove Lounge with Venetia	The Big Saturday Quiz The Drawing Room with Elaine	11:30am Catchphrases  Court Lounge
10:30 AM	Venetia available for one to one visits	Remember When Oaks only with Ayme	11:30am Midweek meet up The Drawing Room with Ayme	Wimbledon  Catch up with Wimbledon in your lounge	Seasonal crafts The Art Studio with Elaine  11:30am Armchair Travels Court lounge	11:30am Poetry reading listen to poetry selected by your care team. Gardens Lounge	Elaine available for one to one visits
	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
2:15 PM	Word Games The Drawing Room with Venetia	Current Affairs Court Lounge with Venetia	3pm Name that Tune Music quiz Court Lounge	2:30pm Movie Afternoon "Nonnas" Gardens Lounge	Play your way to fitness Acorn Lounge with Venetia	Creativity Club The Art Studio with Elaine	Bingo The Vision Room with Elaine
2:15 PM	Wimbledon  Watch the opening matches of the Gents & Ladies Singles First Round in your lounge	Needlecrafts Grove Lounge with Ayme	Singing for the Soul Oaks only with Ayme	The library is open to browse or borrow a book	Wimbledon  Catch up with the Gents & Ladies Singles Third Round in your lounge	3pm Ten Pin Bowling  Court lounge	3pm Crossword of the week Join your fellow residents to solve this weeks crossword. Gardens Lounge