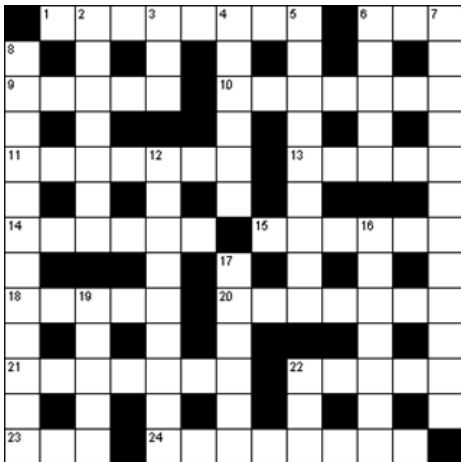


**Test your knowledge**



- Across**
- 1 Send (8)
  - 6 Short sleep (3)
  - 9 Hazardous (5)
  - 10 Marvel (7)
  - 11 Apart (7)
  - 13 Freight (5)
  - 14 Road-surfacing material (6)
  - 15 Trading place (6)
  - 18 Arrive at (5)
  - 20 Cattle thief (7)
  - 21 Disrobe (7)
  - 22 Farewell (5)
  - 23 Strike or direct a blow (3)
  - 24 Deficit (8)

**Trivia & brain teasers**

**Brain Teaser** I can be short and sometimes hot. When i am displayed , i rarely impress. What am I ?

Q1 : What is the smallest country in the world?

Q2 : What is the name for the plastic/metal tube on the end of shoelaces?

Q3 : Which country was known as the Land of the Midnight Sun?

**Previous week brain teasers solution** A match

**Trivia solutions** Q1. Mycology Q2. 1917 Q3. 4

Previous weeks Crossword solution



- Down**
- 2 Saviour (7)
  - 3 No (3)
  - 4 Recollection (6)
  - 5 Renegades (9)
  - 6 More pleasant (5)
  - 7 Absurd (12)
  - 8 Important discovery (12)
  - 12 Never dying (9)
  - 16 Slaying (7)
  - 17 Fast, in musical terms (6)
  - 19 Inspect accounts (5)
  - 22 Behave (3)

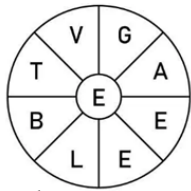
**Who said it?**

Tis better to have loved and lost than never to have loved at all.

**Previous weeks solution**  
William Congreve "The mourning Bride"

**Word Wheel**

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



*The* **WELLBEING WEEKLY**

MONDAY 8th JUNE EDITION 8

**Weather forecast**  
Mixed with highs of 19 degrees

**Saturday 13<sup>th</sup> June** is the annual Trooping the Colour. Also known as The King's Birthday Parade this majestic military ceremony celebrates the official birthday of the British Sovereign. Join fellow residents in your lounge at 10:30am as the live broadcast begins covering the royal procession down The Mall & military pageantry on Horse Guards Parade. At 1pm the ceremonial highlight will feature the RAF flypast and Royal Family's Buckingham Palace balcony appearance. At 2:30pm join Ayme and Elaine in The Drawing Room for a "Right Royal Knees up" with music, afternoon tea & royal themed quiz.

**Local trips this week**

Contact your care team to check availability



**Chair exercise sessions**

- Monday**  
Oaks 10am Roots Farm Shop
- Tuesday**  
Gardens 10:30am Ormesby Hall  
Oaks 2pm Locke Park
- Wednesday**  
Grove 2pm Mainsgill
- Thursday**  
Oaks 10am The Dunes Cafe  
Court 2pm The Vinery
- Friday**  
Gardens/Grove 2pm Northallerton

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

**This day when...**

- 1812** : Robert Jenkinson becomes Prime Minister of the United Kingdom after Spencer Perceval's assassination
- 1829** : First UK municipal swimming pool outside of London opens in Liverpool
- 1949** : Secker & Warburg publishes George Orwell's seminal novel "Nineteen Eighty-Four", set in the totalitarian state of Oceania
- Born this day** 1916-2004 Francis Crick English molecular biologist who co-discovered DNA's structure, born in Northampton, England

8th June	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:30 AM	Venetia available for one to one visits	Board Games The Drawing Room with Venetia	Singing for the Soul The Drawing Room with Venetia	Enjoy the social activity in your lounge	Carpet Bowls Grove Lounge with Venetia	 Join fellow residents in your lounge to watch Trooping the Colour live on TV 10:30am	Carpet Bowls Gardens lounge with Elaine
10:30 AM	Catch up with fellow residents & enjoy refreshments in your lounge from 11am	The library is open to browse or borrow a book	Midweek meet up 11:30am The Drawing Room with Venetia	The weather looks good, enjoy a stroll around the grounds	Seasonal Crafts Art Studio with Elaine	 Trooping the Colour The Kings Birthday Quiz available in your lounge	Enjoy the social activity in your lounge
	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
2:15 PM	Word Games Court Lounge with Venetia	Play your way to fitness Gardens Lounge with Venetia	Church Service 3pm The Drawing Room	Knit & Natter Grove Lounge with Venetia	Elaine available for one to one visits	 Join us for a "Right Royal Knees Up" Trooping the Colour Tea party 2:30pm The Drawing Room	Bingo The Vision Room with Elaine
2:15 PM	Enjoy Cake & Company in your lounge from 3:30pm	Needlecrafts Grove Lounge Resident led	Enjoy Cake & Company in your lounge from 3:30pm	Remember When Oaks only with Ayme	Play your way to fitness Acorn Lounge with Venetia	Enjoy Cake & Company in your lounge from 3:30pm	Have you completed this weeks crossword & trivia? Solutions revealed tomorrow