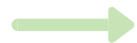


Test your knowledge

Previous weeks
Crossword solution



Down

- 1 Tick off (5)
- 2 Dog of mixed breed (7)
- 3 Deficiency (4)
- 4 English cheese (8)
- 5 Synthetic fabric (5)
- 6 Crunchy salad vegetable (6)
- 11 Assiduous (8)
- 12 Telegraphs (6)
- 13 Italian opera composer (7)
- 15 Sum (5)
- 17 Unit of weight (5)
- 18 Italy's capital (4)

Who said it?

"Yesterday is history, tomorrow is a mystery, today is a gift — that is why it is called the present."

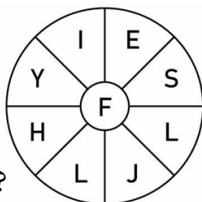
Previous weeks solution

Jane Austin

Word Wheel

How many words can you make with these letters?

Words must contain the letter in the centre



Trivia & brain teasers

Trivia

- Q1: Port of Spain is the capital city of which Caribbean country?
- Q2: Who was the first female Speaker of the House of Commons?
- Q3: How is the star 'Polaris' better known?
- Q4: In Australia what is a jumbuck?
- Q5: What flavour is the liqueur cassis?

Trivia solutions

Q1: Crimean War Q2: Vindaloo Q3: Peterborough Q4: Dreams Q5: Charles De Gaulle

The WELLBEING WEEKLY

MONDAY 27th JULY
EDITION 15

Weather forecast
Partly cloudy with
highs of 23 degrees

Everything is in full bloom at Middleton Hall and now is the perfect time to head over to the greenhouse which is full to the brim of ripening tomatoes, cucumbers, chillies and peppers and the squash & pumpkin hill next to the greenhouse is really getting going now. Over in our refectory area you can see stained glass art work created by our residents, a perfect way to spend a hour or two, when you head back to our main reception you can admire the beautiful Delphinium flowers which were grown from seed by our fabulous estates team.

Local trips this week

Contact your care team
to check availability



Chair exercise sessions

This day when...

- 1586** : Walter Raleigh brings the first tobacco to England from Virginia
1890: Dutch painter Vincent van Gogh shoots himself in Auvers-sur-Oise and dies of his injuries 2 days later
1953: North Korea and the United Nations sign armistice to stop fighting and divide Korea at the 38th parallel.
1990: Zsa Zsa Gabor begins a 3-day jail sentence for slapping a police officer in Beverly Hills
2017: Amazon founder Jeff Bezos briefly becomes world's richest person at \$91.4B,
Born this day: 1958 Christopher Dean (67 years old) English ice dancer (Torvill & Dean; Olympic gold 1984), born in Calverton, Nottinghamshire, England

Monday

Oaks 10am The Stones Cafe

Tuesday

Gardens 10:30am Barkers Northallerton
Oaks 2pm Stewarts Park

Wednesday

Grove 2pm Camphill Village Trust

Thursday

Oaks 10am Kirkleatham Walled Gardens
Court 2pm Mainsgill Farm

Friday

Gardens/Grove 2pm Seaton Carew

Monday Grove Lounge 12 noon

Tuesday Court Lounge 12:15pm

Thursday Gardens Lounge 12:15pm

Friday Catkin Lounge 12:15pm

27th JULY	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	Seasonal Crafts The Art Studio with Elaine	The Big Saturday Quiz The Drawing room with Elaine	11:30am Tabletop Games with the care team Court Lounge
10:30 AM	Word Games The Drawing Room with Venetia	10:45am Remember When Oaks only with Ayme	11:30am Midweek meet up The Drawing Room with Venetia & Ayme	Venetia available for one to one visits	Carpet Bowls Grove Lounge with Venetia 11:30am Armchair Travels Court Lounge with the care team	11:30am Poetry reading listen to poetry selected by the care team. Gardens Lounge	Elaine available for one to one visits
	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
2:15 PM	Take advantage of the weather and take a walk over to the greenhouse to see everything in full bloom	Current Affairs Court Lounge with Venetia	Play your way to fitness Gardens Lounge with Venetia	Knit and Natter Grove Lounge with Venetia	Walks around the grounds with Elaine	Creativity Club The Art Studio with Elaine	Bingo The Vision Room with Elaine
2:15 PM	Ayme available for one to one visits	Needlecrafts Grove Lounge with Ayme	Singing for the Soul Oaks only with Ayme 3pm Name that Tune with the care team Court Lounge	2:30pm Downton Abbey Series with the care team Gardens Lounge	Play your way to Fitness Acorn Lounge with Venetia	3pm Pin Bowling with the care team Court Lounge	3pm Crossword of the week Join the care team to solve this weeks crossword Gardens Lounge