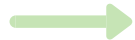


Test your knowledge

Previous weeks
Crossword solution



Down

- 1 Gents' hairdresser (6)
- 2 Away-day tourist (7)
- 3 Large bird of prey (5)
- 5 Glowing (7)
- 6 Move furtively (5)
- 7 Less burdensome (6)
- 9 Bewildered (9)
- 13 Appalling (7)
- 14 Floor show (7)
- 15 Scribble (6)
- 16 Gas used in balloons (6)
- 18 Call upon (5)
- 20 Manual worker (5)

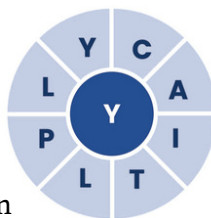
Famous film quote ? Can you name the film

Play it Sam, play "As time goes by"

Previous weeks solution: Pablo Picasso

Word Wheel

Can you find the 9 letter word? Words must contain the center letter. Target is 15 words



Across

- 1 Dairy product (6)
- 4 Day nursery (6)
- 8 Regretting (5)
- 9 Insanity (7)
- 10 Female ruler (7)
- 11 Copious, abundant (5)
- 12 True to life (9)
- 17 Small flock of game birds (5)
- 19 Dishonourable (7)
- 21 Taken for granted (7)
- 22 "Aida" composer (5)
- 23 Small (6)
- 24 Method (6)

Trivia & brain teasers

Trivia

- Q1: Which animal has the Latin name Lupus?
- Q2: What is the capital city of Greenland?
- Q3: In 'Alice's Adventures In Wonderland', where did the Dormouse sleep?
- Q4: Which city was built on 7 hills?
- Q5: What is the chemical symbol for laughing gas?

Trivia solutions

Q1:Dakar Q2: Magic Q3: Rouen Q4: Panama Canal Q5: Bram Stoker

The WELLBEING WEEKLY

MONDAY 17th AUGUST
EDITION 18

Weather forecast
Cloudy with showers
highs of 20 degrees

This week on Friday 21st August our residents from across all services at Middleton Hall are taking part in "The Care Home Olympics" This exciting event hosted at Firthmoor Community Centre in Darlington involves eight care homes from across the region. Residents will be taking part in events such as, rocket throw, bean bag toss, egg and spoon, newspaper shuffle and hula-hoop race. Good luck Team MH.



Monday

Oaks 10am Penshaw Monument

Tuesday

Gardens 10:30am Redcar
Oaks 2pm The Headland Hartlepool

Wednesday

Grove 2pm James Cook Schoolroom

Thursday

Oaks 10am Curlew Cafe
Court 2pm Strikes - Stokesley

Friday

Gardens/Grove 2pm Whitegates

Monday Grove Lounge 12 noon

Tuesday Court Lounge 12:15pm

Thursday Gardens Lounge 12:15pm

Friday Catkin Lounge 12:15pm

NEW CLASS Seated Pilates

Thursday 3:45pm in the Drawing Room

Local trips this week

Contact your care team
to check availability



Chair exercise sessions

This day when...

1836: Under the Registration Act, the compulsory registration of births, deaths and marriages was introduced in Britain.

1939: Musical film "The Wizard of Oz," starring Judy Garland, opens at Loew's Capitol Theatre, NYC

1946: George Orwell publishes "Animal Farm" in the United Kingdom

2000: Prince William passed three A-levels and secured a place to study history of art at the oldest university in Scotland, St Andrews.

Born this day: 1949 Julian Fellowes, British screenwriter and television producer who created "Downton Abbey", born in Cairo, Egypt

17th AUG	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
							
10:30 AM	Monday Jukebox Grove Lounge with Ayme	Board Games Court Lounge with Venetia	Venetia available for one to one visits	Singing for the Soul The Drawing Room with Ayme & Venetia	Carpet Bowls Grove Lounge with Venetia	11:30am Poetry reading listen to poetry selected by the care team Gardens Lounge	11:30am Tabletop Games with the care team Court Lounge
10:30 AM	Catch up with fellow residents in your lounge and enjoy refreshments from 11am	10:45am Remember When Oaks only with Ayme	The Library is open to browse or borrow a book	11:30am Midweek Meet up The Drawing Room with Ayme & Venetia	11:30am Armchair Travels Court Lounge with the care team	11am Saturday Quiz Grove Only Grove Lounge with your care team	11am Bingo Grove Only Grove Lounge with your care team
	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
2:15 PM	Word Games The Drawing Room with Venetia	Care Home Olympics Practice The Drawing Room with Venetia	Play your way to Fitness Court Lounge with Venetia	Knit and Natter Grove Lounge with Venetia 3:45pm Seated Pilates The Drawing Room with Malissa	Enjoy Tea Cake & Company in your lounge from 3:30pm	3pm Ten Pin Bowling with the care team Court Lounge	3pm Crossword of the week Join the care team to solve this weeks crossword Gardens Lounge
2:15 PM	Ayme available for one to one visits	Needlecrafts Grove Lounge with Ayme	3pm Name that Tune with the care team Court Lounge	2:30pm Downton Abbey Series Gardens Lounge Singing for the Soul 2:30pm Oaks only with Ayme	Take advantage of the warm weather and enjoy a stroll around the gardens	3pm Board Games Grove only Grove Lounge with your care team	Enjoy Tea Cake & Company in your lounge from 3:30pm