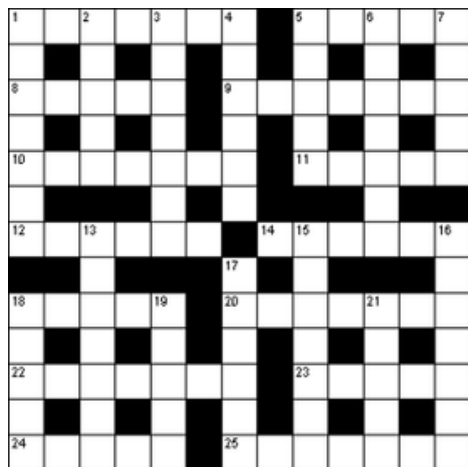


Test your knowledge



Across

- 1 Sailor (7)
- 5 Slender graceful female (5)
- 8 Scrub (5)
- 9 Large house (7)
- 10 Female warriors (7)
- 11 Crude (5)
- 12 Loathe (6)
- 14 Current (6)
- 18 Black and white beast (5)
- 20 Experienced person (3,4)
- 22 Synthetic material (7)
- 23 Musical drama (5)
- 24 Bart's father (5)
- 25 What is left (7)

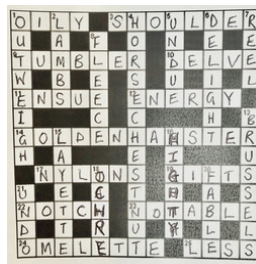
Trivia & brain teasers

- Q1:** According to the Book of Revelation, which battle will be the end of the World?
Q2: On the flag of Cyprus, what colour are the olive branches?
Q3: In the Mona Lisa portrait, which hand is on top of the other, her left or right?
Q4: What is the name of the river that flows into the heart of Glasgow?
Q5: Carrots are rich in which vitamins?

Previous weeks Trivia solutions

Q1: 1961 **Q2:** Desert Storm **Q3:** John Major **Q4:** Gloucestershire **Q5:** Horse

Previous weeks Crossword solution



Down

- 1 Pungent condiment (7)
- 2 Spanish wine (5)
- 3 Jittery (7)
- 4 Negligent (6)
- 5 Underwater detection system (5)
- 6 Spare time (7)
- 7 Intuitive feeling (5)
- 13 Childish fit of anger (7)
- 15 Tiresome (7)
- 16 Be a go-between (7)
- 17 Football (6)
- 18 Succulent fruit (5)
- 19 More proficient (5)
- 21 In front (5)

Famous quote. Who said it?

Following the light of the sun,
we left the Old World

Previous weeks solution:

William Shakespeare, As you like it

Word Wheel

Can you find the 9 letter word? Words must contain the center letter.



The WELLBEING WEEKLY

MONDAY 28th SEPTEMBER
EDITION 24



Weather forecast
Partly cloudy skies,
highs of 18 degrees

Middleton Gardens is taking shape ! Our new summerhouse is built and getting a finishing coat of paint. The Estates team are getting to work planting up the new beds and the grass is seeded and watered. Take a stroll over and see the work in progress then continue your walk over to the chicken coop where you can also watch the sheep happily grazing in the field. As we have entered astronomical autumn you will see the first signs of autumn with fallen leaves and conkers on the ground with beautiful sunsets at around 6:50pm.

Local trips this week

Contact your care team
to check availability



Chair exercise sessions

This day when...

- 1066:** Claiming his right to the English throne, William, Duke of Normandy landed at Pevensey in East Sussex to begin his invasion of England.
1745: God Save the King, the national anthem, was sung for the first time at the Drury Lane Theatre
1894: Simon Marks and Tom Spencer open their first Penny Bazaar in Manchester
1901: American businessman King C. Gillette establishes the American Safety Razor Company selling the first Gillette razor

Born this day: Brigitte Bardot (1934-2025) French model, actress singer, and animal rights activist, born in Paris, France.

Monday

Oaks 10am Easby Loop Cafe

Tuesday

Gardens 10:30am Sam Turners

Oaks 2pm Quarry Tea House

Wednesday

Grove 2pm Northallerton

Thursday

Oaks 10am Arcadia Garden Centre

Court 2pm Mainsgill

Friday

Gardens/Grove 2pm Five Houses

Monday Grove Lounge 12 noon

Tuesday Court Lounge 12:15pm

Thursday Gardens Lounge 12:15pm

Friday Catkin Lounge 12:15pm

28th SEPT	MONDAY 	TUESDAY 	WEDNESDAY 	THURSDAY 	FRIDAY 	SATURDAY 	SUNDAY 
10:30 AM	Monday Jukebox Grove Lounge with Ayme	11am Quiz Grove Lounge with Venetia	Singing for the Soul The Drawing Room with Ayme	Venetia available for one to one visits	Carpet Bowls Grove Lounge with Venetia	Enjoy refreshments and catch up with fellow residents in your lounge from 11am	Traditional Art Class Art Studio with Alexis
10:30 AM	Enjoy refreshments and catch up with fellow residents in your lounge from 11	10:45am Remember When Oaks Only with Ayme	11:15am Midweek Meet up The Drawing Room with Ayme & Venetia	Book Club Court Lounge with Alexis	Mindful Crafts Oaks Only with Alexis	Enjoy the weather and take a stroll around the grounds	11am Bingo Grove Only The Vision Room with your care team
	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
2:15 PM	Board Games The Drawing Room with Venetia	Word Games The Drawing room with Venetia	Play your way to Fitness The Vision Room with Venetia	Knit and Natter Grove Lounge with Venetia	Nature Walks Meet at Reception with Alexis	3pm Ten Pin Bowling with the care team Court Lounge	Monthly Matinee An evening with Daniel O'Donnell Vision Room with Alexis
2:15 PM	Ayme available for one to one visits	Needlecraft Grove Lounge with Ayme	2:30pm Singing for the Soul Oaks only with Ayme	Table Top Games Gardens Lounge with Alexis	Play your way to Fitness Acorn Lounge with Venetia	Enjoy Tea Cake & Company in your lounge from 3:30pm	3pm Crossword of the week Join the care team to solve this weeks crossword Gardens Lounge