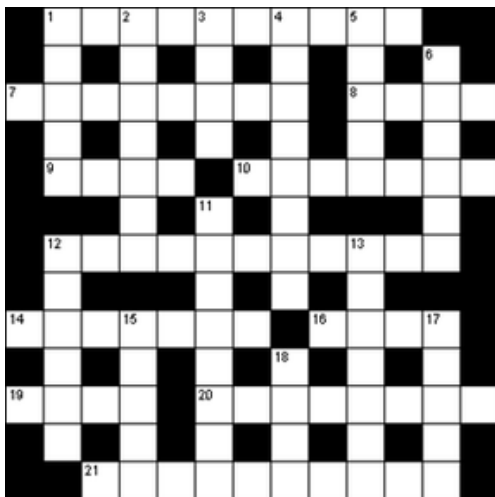


Test your knowledge



Previous weeks
Crossword solution



Down

- 1 Seat (5)
- 2 Conundrums (7)
- 3 Apiece (4)
- 4 Becoming narrower (8)
- 5 Saltpetre (5)
- 6 Gentle wind (6)
- 11 Able to read and write (8)
- 12 Renowned (6)
- 13 Bubble raised on the skin (7)
- 15 Distant in manner (5)
- 17 Noblemen (5)
- 18 Prospect (4)

Across

- 1 Putting right (10)
- 7 Disadvantage (8)
- 8 Division of the school year (4)
- 9 Depend (4)
- 10 Hailed (7)
- 12 Trendy (11)
- 14 Bedaubed (7)
- 16 Ten cent coin (4)
- 19 Car (4)
- 20 Airmen (8)
- 21 Later on (10)

Famous book quote ? Can you name the book

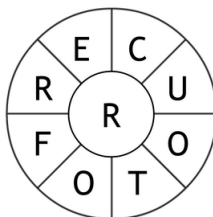
“Who controls the past controls the future. Who controls the present controls the past.”

Previous weeks solution:

William Shakespeare, Romeo and Juliet

Word Wheel

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



Trivia & brain teasers

- Q1:** Which alcoholic spirit became known as Mother's Ruin?
- Q2:** Which political party introduced the National Health Service in 1948?
- Q3:** Which way does the King's head face on a UK postage stamp - left or right
- Q4:** In which sport could you find a Night Watchman?
- Q5:** What is the predominant flavour of a Battenburg Cake that it gets from its covering?

Trivia solutions

Q1: Tennessee **Q2:** Ned Kelly **Q3:** Dromedary **Q4:** Reykjavik **Q5:** Porridge



The

WELLBEING WEEKLY

MONDAY 7th SEPTEMBER
EDITION 21

Weather forecast
Partly Cloudy
Highs of 20 degrees

The Gardens path is now open for residents and co-owners to walk through and see the progress. Over the coming weeks our fabulous estates team will be marking out two large beds which will soon be planted up with mature shrubs, trees and perennial flowers. They will also be adding topsoil and sowing grass seed to repair the lawns. Take advantage of the cooler weather and head over to see the path. From the main reception you turn left passing by the original Middleton Hall building, the new path is straight ahead.

Local trips this week

Contact your care team to check availability



Chair exercise sessions

Monday

Oaks 10am Madhatter Tea Room

Tuesday

Gardens 10:30am Kipling Hall

Oaks 2pm Headlam Hall

Wednesday

Grove 2pm Curlew Cafe

Thursday

Oaks 10am The Story - Durham

Court 2pm Whitegates

Friday

Gardens/Grove 2pm Acklam Hall

Monday Grove Lounge 12 noon

Tuesday Court Lounge 12:15pm

Thursday Gardens Lounge 12:15pm

Friday Catkin Lounge 12:15pm

This day when...

1533 : The birth of Elizabeth I, daughter of Anne Boleyn and Henry VIII. She was Queen of England from 1558 to 1603 and was known as the Virgin Queen because she never married,
1838 : Grace Darling and her father rescued the crew of the Forfarshire, a steamer wrecked off the Northumberland coast, close to the Longstone Lighthouse.

1895: The first game of what would become known as rugby league football, was played in England, starting the 1895–96 Northern Rugby Football Union season.

Born this day: Buddy Holly 1936-1959 American rock and roll guitarist, singer and songwriter ("Peggy Sue"; "That'll Be the Day"; "Words Of Love"), born in Lubbock, Texas

7th SEPT	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	Venetia available for one to one visits	Carpet Bowls Grove Lounge with Venetia	11am Saturday Quiz Grove Only Grove Lounge with your care team	11:30am Tabletop Games with the care team Court Lounge
10:30 AM	Enjoy refreshments and catch up with fellow residents in your lounge from 11	10:45 Remember when Oaks Only with Ayme	11:15am Midweek Meet up The Drawing Room with Ayme & Venetia	Have you walked around the new Gardens path? Head to main reception for directions	11:30am Armchair Travels Court Lounge with the care team	Enjoy refreshments and catch up with fellow residents in your lounge from 11	11am Bingo Grove Only Grove Lounge with your care team
	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
2:15 PM	Who wants to be a Millionaire Quiz on the big screen The Vision room with Ayme	Word Games The Drawing Room with Venetia	3pm Holy Communion The Drawing Room with St George & St Laurence Church	Knit and Natter Grove Lounge with Venetia	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	Enjoy Tea Cake & Company in your lounge from 3:30pm	Needlecraft Grove Lounge with Ayme	3pm Name that Tune with the care team Court Lounge Singing for the Soul 2:30pm Oaks only with Ayme	2:30pm Downton Abbey Series Gardens Lounge	Play your way to Fitness Acorn Lounge with Venetia	3pm Board Games Grove only Grove Lounge with your care team	Enjoy Tea Cake & Company in your lounge from 3:30pm