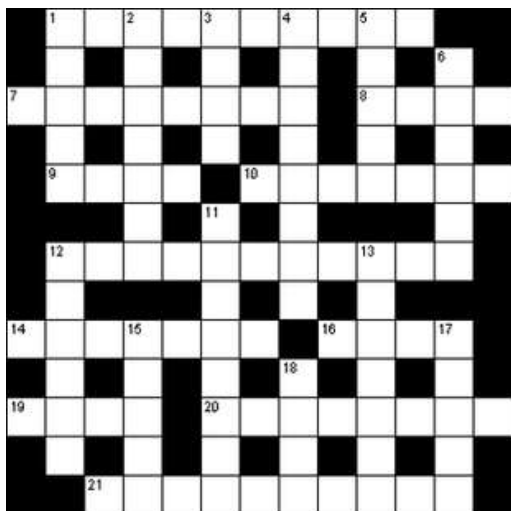


## Test your knowledge



### Across

- 1 Destitute (4-3-3)
- 7 Severe headache (8)
- 8 Head-cook (4)
- 9 Yellow part of an egg (4)
- 10 Stuck (7)
- 12 Everlastingly (11)
- 14 Story in three parts (7)
- 16 Moist (4)
- 19 Burial place (4)
- 20 London airport (8)
- 21 Early bird song (4,6)

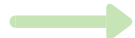
### Trivia & brain teasers

- Q1:** Which classic TV show revolved around an architect and his talking horse?
- Q2:** What highly coveted black ingredient is a fungus and costs more than gold by weight?
- Q3:** Where did Captain Arthur Phillip land with his 750 convicts in 1788?
- Q4:** What was the first sport screened on ITV, Wrestling or Boxing?
- Q5:** What insects would you find in a vespiary?

### Previous weeks trivia solutions

**Q1:** Lake Michigan **Q2:** White **Q3:** 1952 **Q4:** Sulfuric Acid **Q5:** Hedgehogs

## Previous weeks Crossword solution



### Down

- 1 Place where butter and cheese are made (5)
- 2 Songbird (7)
- 3 Continent (4)
- 4 Awful (8)
- 5 Male relative (5)
- 6 Cure (6)
- 11 Extend (8)
- 12 Talking bird (6)
- 13 Shoe material (7)
- 15 Seventh sign of the Zodiac (5)
- 17 Devout (5)
- 18 Vow (4)

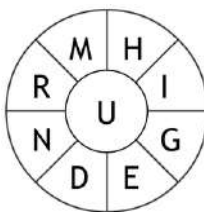
Famous film quote, can you name the film?

"Magic Mirror on the wall,  
who is the fairest one of all?"

**Previous weeks solution:** Victor Hugo

### Word Wheel

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



*The*

# WELLBEING WEEKLY

MONDAY 19<sup>th</sup> OCTOBER  
EDITION 27



**Weather forecast**  
Mostly cloudy with  
highs of 14 degrees

On Sunday 25th October the clocks will go back, resulting in darker evenings and lighter mornings. The history behind it is said to have been born out of wartime desperation. To conserve coal and electricity during WW1, Germany became the first nation to adopt daylight saving on April 30th, 1916. Recognising the strategic advantage, Britain moved fast. Parliament passed the *Summertime Act 1916* advancing the nations clocks by one hour on 21 May 1916. In October 1916 British clocks went back to Greenwich Mean Time (GMT) for the very first time. Because winding mechanical gears backwards was a completely foreign concept, the government had to issue widespread educational posters just to explain the process to a confused public.

## Local trips this week

Contact your care team  
to check availability



## Chair exercise sessions

### This day when...

**1847:** Charlotte Brontë's novel "*Jane Eyre*" is published by Smith, Elder & Co. of London under her pen name "Currer Bell"

**1901:** Edward Elgar's "*Pomp and Circumstance March*" premieres in Liverpool.

**1991:** London's Royal Opera House had to cancel its performance, as orchestra members, pursuing an industrial dispute, refused to wear dinner jackets and turned up in jeans.

**Born this day :1931** John le Carré (pen name for David Cornwell) English novelist (*The Spy Who Came in from the Cold*), born in Poole, England (d. 2020)

### Monday

Oaks 10am The Story Durham

### Tuesday

Gardens 10:30am Dobbies

Oaks 2pm Richmond

### Wednesday

Grove 2pm MIMA Art Gallery

### Thursday

Oaks 10am Mainsgill

Court 2pm Raby Castle

### 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

| 19th OCT                                                                         | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY            | FRIDAY  | SATURDAY  | SUNDAY     |
|----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|
| 10:30 AM                                                                         | Monday Jukebox<br>Grove Lounge<br>with<br>Ayme                                          | Carpet Bowls<br>Grove Lounge<br>with<br>Venetia                                          | Singing for the Soul<br>The Drawing Room<br>with Ayme                                      | 11am<br>Listen to Classic music choices<br>Grove Lounge<br>with<br>Rachel                             | Seasonal Crafts<br>The Vision Room<br>with<br>Alexis                                      | The Library is open to browse or borrow a book                                              | Quiz and Riddles<br>Oaks only<br><br>Catkin Lounge<br>with<br>Alexis                         |
| 10:30 AM                                                                         | Bead Crafts<br>Oaks Lounge<br>with<br>Venetia                                           | 10:45am<br>Remember When<br>Oaks Only<br>with<br>Ayme                                    | 11:15am<br>Midweek Meet up<br>The Drawing Room<br>with<br>Ayme & Venetia                   | Scrapbooking<br>Gardens only<br>Gardens Lounge<br>with Alexis                                         | Autumn leaves are falling.<br>Enjoy a seasonal stroll around the grounds.                 | Enjoy refreshments and catch up with fellow residents in your lounge from 11am              | 11am<br>Bingo<br>Grove Only<br>The Vision Room<br>with your care team                        |
|  | LUNCH                                                                                   | LUNCH                                                                                    | LUNCH                                                                                      | LUNCH                                                                                                 | LUNCH                                                                                     | LUNCH                                                                                       | LUNCH                                                                                        |
| 2:15 PM                                                                          | Board Games<br>The Drawing Room<br>with<br>Venetia                                      | Play your way to Fitness<br>Court Lounge<br>with<br>Venetia                              | Word Games<br>The Drawing Room<br>with<br>Venetia                                          | Book Club<br>Court Lounge<br>with<br>Alexis<br><br>Knit and Natter<br>Grove Lounge<br>with<br>Venetia | Puzzles and Riddles<br>Court Lounge<br>with Alexis                                        | Enjoy tea, cake & company in your lounge<br><br>from 3:30pm                                 | Traditional Art Class<br>Art Studio<br>with<br>Alexis                                        |
| 2:15 PM                                                                          | Ayme available for one to one visits                                                    | Needlecraft<br>Grove Lounge<br>with<br>Ayme                                              | 2:30pm<br>Singing for the Soul<br>Oaks only<br>with<br>Ayme                                | All Creatures Great and Small Series<br>Gardens Lounge                                                | Enjoy tea, cake & company in your lounge from 3:30pm                                      | The weather looks dry. Wrap up and enjoy a walk around the gardens                          | Crossword of the week.<br>Join the care team to solve this weeks crossword<br>Gardens Lounge |