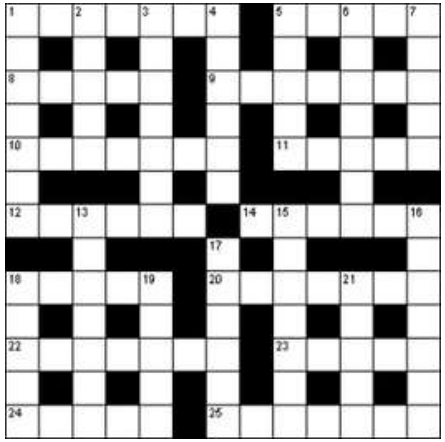
Test your knowledge



Across

1. Attack (7)
5. Power (7)
8. Velocity (5)
9. Abstain (7)
10. Tropical disease (7)
11. Corner (5)
12. Physician (6)
14. It's built by a spider (6)
18. Book size (5)
20. Someone on an excursion (7)
22. Diminish, shrink slowly (7)
23. Wrathful (5)
24. Keen (5)
25. Politeness (7)

Previous weeks Crossword solution



Down

1. Taken for granted (7)
2. Purloin (5)
3. Be subjected to (7)
4. Menace (6)
5. Criminal organisation (5)
6. Scottish city (7)
7. Not relaxed (5)
13. Vocation (7)
15. Point of view (7)
16. Gents' hairdressers (7)
17. Current (6)
18. Soft sweet (5)
19. Senior (5)
21. Tranquillity (5)

Famous film quote, can you name the film
Hint: Q*uote is from a gangster film*

"I'm gonna make him an offer he can't refuse."

Previous weeks solution: Victor Hugo

Word Wheel

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



Trivia

1: In which city would you currently find the tallest building in the world?
2: The Nemeth Code is part of what tactile writing system for blind people?
3: The American coin known as a dime is worth how many cents?
4: Who ran the first four-minute mile?
5: Which architect designed St. Paul's Cathedral in London?

Previous weeks trivia solutions
Q1: York **Q2:** The Duck and Drake Tavern **Q3:** 36 **Q4:** 1605 **Q5:** Catholic

The Wellbeing Weekly

MONDAY 9th NOVEMBER
EDITION 30

Weather forecast
Morning fog followed by afternoon sun, highs of 9 degrees.

11.11.11 Remembrance Day has its roots in the final days of the First World War. As the allies pushed the Imperial German Army to breaking point on the fields of France and Flanders, German military leaders began to sue for peace. An Armistice, was drawn up, signed by the German delegation in a railway carriage at Compiegne at 5 am on the morning of November 11, 1918. The Armistice came into effect at 11 am. Fighting continued up until the last minute. The first Armistice Day was held in the UK on November 11, 1919, one year after the end of combat on the Western Front. King George V led national ceremonies. **"We will remember them"**

Local trips this week

Contact your care team to check availability

Monday
Oaks 10am Curlew Cafe
Tuesday
Gardens 10:30am Cherry Hill
Oaks 2pm Lordstones Country Park
Wednesday
Grove 2pm The Dunes Cafe
Thursday
Oaks 10am Ormesby Hall
Court 2pm The Rusty Bike - Swainby
Friday
Gardens/Grove 2pm Dorman Museum



Chair exercise sessions

Monday Grove Lounge 12 noon
Tuesday Court Lounge 12:15pm
Thursday Gardens Lounge 12:15pm
Core Stability 3:45pm The Drawing Room
Friday Catkin Lounge 12:15pm

This day when...

1904: First airplane flight to last more than 5 minutes, when Wilbur Wright flies the Wright Flyer II for 5 minutes and 4 seconds, covering 2.75 miles.
1907: The Cullinan Diamond, the largest ever discovered, weighing 3,106 carats, is presented to King Edward VII at Sandringham House on his 66th birthday,
1989: Fall of the Berlin Wall, ending 28 years of physical division bettween East and West Berlin.
Born this day Edward VII (1841-1910) King of England (1901-10), born in Buckingham Palace, London

9th NOV	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:30 AM	Monday Jukebox Grove Lounge with Ayme	Carpet Bowls Grove Lounge with Venetia	Singing for the Soul Drawing Room with Ayme **Remembrance Day 11am**	Book Club Court Lounge with Alexis	Seasonal Crafts The Vision Room with Alexis	The Big Saturday Quiz The Drawing Room with Venetia	Craft Club Catkin Lounge Oaks only with Alexis
10:30 AM	Board Games Oaks with Venetia	**10:45am** Remember When Oaks Only with Ayme	**11:15am** Midweek Meet up The Drawing Room Wendy available for one to one visits	The Library is open to browse or borrow a book	Carpet Bowls & Skittles Grove Lounge with Wendy	Enjoy refreshments and catch up with fellow residents in your lounge from 11am	**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	Play Your Way to Fitness Court Lounge with Venetia	"Crafternoon Social" Court Lounge with Wendy **3pm** Holy Communion The Drawing Room	Knit and Natter Grove Lounge with Alexis	Alexis available for one to one visits	"Still Got Rhythm" The Drawing Room with Venetia	Traditional Art Class Art Studio with Alexis
2:15 PM	Enjoy tea, cake & company in your lounge from 3:30pm	Needlecraft Grove Lounge with Ayme	2:30pm Singing for the Soul Oaks only with Ayme	All Creatures Great and Small Series Gardens Lounge	Songs & Stories of the Sea Oaks only with Wendy	Enjoy tea, cake & company in your lounge from 3:30pm	Crossword of the week. Join the care team to solve this weeks crossword Gardens Lounge