

**SYCAMORE COURT**  
**DIARY OF SOCIAL ACTIVITIES FOR JANUARY 2018**

<b>Tuesday, 2 January</b>	<b>Coffee Morning - Lounge</b> Rummikub - Hobbies Room	<b>10.30am</b> <b>7.00pm</b>
<b>Monday, 8 January</b>	<b>Chair Exercises with Jacqui - Lounge</b>	<b>11.15am</b>
<b>Tuesday, 9 January</b>	<b>Yoga with Lina - Lounge</b> Rummikub - Hobbies Room	<b>4.00pm</b> <b>7.00pm</b>
<b>Wednesday, 10 Jan</b>	<b>Film Matinée - Lounge</b> <b>"The BFG"</b> 2016 Roald Dahl's fantasy adventure film starring Mark Rylance	<b>4.30pm</b>
<b>Monday, 15 January</b>	<b>Chair Exercises with Jacqui - Lounge</b>	<b>11.15am</b>
<b>Tuesday, 16 Jan</b>	<b>Holy Communion - Hobbies Room</b> Yoga with Lina - Lounge Rummikub - Hobbies Room	<b>2.00pm</b> <b>4.00pm</b> <b>7.00pm</b>
<b>Wednesday, 17 Jan</b>	<b>Coffee Morning - Lounge</b> <b>(Poetry/drama with Andrée)</b>	<b>10.30am</b>
<b>Thursday, 18 Jan</b>	<b>General Knowledge Quiz with Debbie</b> <b>and a glass of wine - £3pp</b>	<b>7.00pm</b>
<b>Monday, 22 January</b>	<b>Chair Exercises with Jacqui - Lounge</b>	<b>11.15am</b>
<b>Tuesday, 23 Jan</b>	<b>Yoga with Lina - Lounge</b> Rummikub - Hobbies Room	<b>4.00pm</b> <b>7.00pm</b>
<b>Wednesday, 24 Jan</b>	<b>Film Matinée - Lounge</b> <b>"The Hundred-Foot Journey"</b> 2014 Comedy drama starring Helen Mirren	<b>4.30pm</b>
<b>Monday, 29 Jan</b>	<b>Chair Exercises with Jacqui - Lounge</b>	<b>11.15am</b>
<b>Tuesday, 30 Jan</b>	<b>Coffee Morning - Lounge</b> Yoga with Lina - Lounge Rummikub - Hobbies Room	<b>10.30am</b> <b>4.00pm</b> <b>7.00pm</b>