

SYCAMORE COURT
DIARY OF SOCIAL ACTIVITIES FOR MARCH 2019

Monday, 4 March	Chair Exercises with Jacqui - Lounge	11.15am
Tuesday, 5 March	Yoga with Lina - Lounge	4.00pm
Wednesday, 6 Mar	Film Matinée - Lounge "Life as We Know It" 2010 Comedy/drama starring Katherine Heigl and Josh Duhamel	4.30pm
Thursday, 7 March	European Cheese and Wine Evening - Lounge £8pp	6.00pm
Monday, 11 March	Chair Exercises with Jacqui - Lounge	11.15am
Tuesday, 12 March	Coffee Morning - Lounge Yoga with Lina - Lounge	10.30am 4.00pm
Monday, 18 March	Chair Exercises with Jacqui - Lounge Poetry Corner with Tea & Cake - Lounge Subject: "Humour/Comedy" - £1pp	11.15am 2.30pm
Tuesday, 19 March	Holy Communion - Hobbies Room Yoga with Lina - Lounge	2.00pm 4.00pm
Wednesday, 20 Mar	Film Matinée - Lounge "Hampstead" 2017 Drama/romance starring Diane Keaton and Brendan Gleeson	4.30pm
Monday, 25 March	Chair Exercises with Jacqui - Lounge	11.15am
Tuesday, 26 March	Yoga with Lina - Lounge	4.00pm
Wednesday, 27 Mar	Coffee Morning - Lounge	10.30am

