



SYCAMORE COURT DIARY OF SOCIAL ACTIVITIES FOR FEBRUARY 2020

Monday, 3 February	Chair Exercises with Bex - Lounge	11.00am
Tuesday, 4 February	Yoga with Lina - Lounge	4.00pm
Wednesday, 5 Feb	*Film Soirée - Lounge* "Downton Abbey" 2019 Historical period drama Starring Hugh Bonneville & Elizabeth McGovern Wine and nibbles on this occasion - £4pp - Lounge	*6.30pm*
Monday, 10 February	Chair Exercises with Bex - Lounge	11.00am
Tuesday, 11 February	Yoga with Lina - Lounge	4.00pm
Wednesday, 12 Feb	Coffee Morning - Lounge	10 30am
Monday, 17 Feb	Chair Exercises with Bex - Lounge Poetry Corner with tea & cake on the subject of "Valentine" - £1pp - Lounge	11.00am 2.30pm
Tuesday, 18 Feb	Holy Communion - Hobbies Room	2.00pm
Wednesday, 19 Feb	Film Matinée - Lounge "Goodnight Mr Tom" 1998 Wartime Drama starring John Thaw	4.30am
Thursday, 20 Feb	An Evening with Mike & Debbie:- "Mike's Sailing Adventure to Greenland" with photos & Debbie's 25th Anniversary at Sycamore Court with drinks - Lounge	6.30pm
Monday, 24 Feb	Chair Exercises with Bex - Lounge	11.00am
Tuesday, 25 Feb	Coffee Morning - Lounge	10.30am
Friday, 28 February	Tea, cake & chat - Lounge - £2pp	4.00pm

