






JUNE

- **5th, 12th, 19th & 26th – Sarah playing her keyboard – 10.30am – Pickwick**
- **6th, 13th, 20th & 27th – Spurs Seated Exercise – 3pm – Nickleby**
- **6th – PicNic @ Markfield Park – 11.30am**
- **8th – The Queen’s Birthday**
- **10th – 16th – Diabetes Awareness Week**
- **13th – Cupcake Day Coffee Morning @ Dickens Café – 10.30am**
- **15th – SDA Church – Nickleby – 3–4pm**
- **16th – Father’s Day**
- **17th – Dining Around the World – Portuguese Evening @ Dickens Café – 5.30pm**
- **18th – PicNic @ Forty Hall**
- **22nd – Stoke Newington SDA Church – 2.30pm – Copperfield**
- **23rd – Canaan Church Service – 2.30pm – Nickleby**
- **24th – Wellness Café – 2–4pm – Ally Pally**
- **28th – National Care Home Open Day**





JUNE 2019 - COPPERFIELD UNIT

Sat. - 1	Sun. - 2	Mon. - 3	Tue. - 4	Wed. - 5	Thu. - 6	Fri. - 7	Sat. - 8	Sun. - 9	Mon. - 10
9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 1.00 LUNCH 2.30 HAPPY BIRTHDAY RITA	9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 1.00 LUNCH 2.30 CHILLING IN THE LOUNGE	9.00 BREAKFAST 11.00 ONE TO ONE ACTIVITIES MENU 1.00 LUNCH 2.30 TEA & TALK IN THE LOUNGE	9.00 BREAKFAST CLUB AT DICKENS CAFE 11.00 GAMES IN THE DINING ROOM 1.00 LUNCH 2.00 PWH SHOP 2.30 PAMPERING	9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 11.00 SARAH & HER KEYBOARD PICKWICK 1.00 LUNCH 2.30 FAMILY FORTUNES	9.00 BREAKFAST 10.30 PICNIC AT MARKFIELD PARK  2.30 EXERCISE WITH SPURS NICKLEBY	9.00 BREAKFAST 11.00 DART - AWAY 1.00 LUNCH 2.30 KARAOKE PARTY 5.00 FISH & CHIPS CLUB-DICKENS CAFE	9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 1.00 LUNCH  2.30 QUEEN'S BIRTHDAY	9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 1.00 LUNCH 2.30 CHILLING IN THE LOUNGE	9.00 BREAKFAST 11.00 DESIGN YOUR OWN SANDWICH 1.00 LUNCH 2.30 TEA & TALK IN THE LOUNGE
DIABETES AWARENESS WEEK									
Tue. - 11	Wed. - 12	Thu. - 13	Fri. - 14	Sat. - 15	Sun. - 16	Mon. - 17	Tue. - 18	Wed. - 19	Thu. - 20
9.00 BREAKFAST CLUB AT DICKENS CAFE 11.00 GAMES IN THE DINING ROOM 1.00 LUNCH 2.00 PWH SHOP 2.30 PRISCILLA PICTURES	9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 11.00 SARAH & HER KEYBOARD PICKWICK 1.00 LUNCH 2.30 GAMES IN THE LOUNGE	9.00 BREAKFAST 10.30 CUPCAKE DAY DICKENS CAFÉ  1.00 LUNCH 2.30 EXERCISE WITH SPURS NICKLEBY	9.00 BREAKFAST 11.00 DART - AWAY 1.00 LUNCH 2.30 KARAOKE PARTY 5.00 FISH & CHIPS CLUB-DICKENS CAFE	9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 1.00 LUNCH 2.30 SDA CHURCH NICKLEBY	9.00 BREAKFAST 10.30 HAPPY FATHER'S DAY 1.00 LUNCH 2.30 CHILLING IN THE LOUNGE	9.00 BREAKFAST 11.00 DESIGN YOUR OWN SANDWICH 1.00 LUNCH 2.30 TEA & TALK IN THE LOUNGE 5.30 PORTUGUESE NIGHT DICKENS CAFE	9.00 BREAKFAST CLUB AT DICKENS CAFE 10.30 PICNIC AT FORTY HALL  2.00 PWH SHOP	9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 11.00 SARAH & HER KEYBOARD PICKWICK 1.00 LUNCH 2.30 FAMILY FORTUNES	9.00 BREAKFAST 10.30 COPPERFIELD CONVERSATIONS 1.00 LUNCH 2.30 EXERCISE WITH SPURS NICKLEBY
Fri. - 21	Sat. - 22	Sun. - 23	Mon. - 24	Tue. - 25	Wed. - 26	Thu. - 27	Fri. - 28	Sat. - 29	Sun. - 30
9.00 BREAKFAST 11.00 YOGA ON THE BALCONY 1.00 LUNCH 2.30 KARAOKE PARTY 5.00 FISH & CHIPS CLUB-DICKENS CAFE	9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 1.00 LUNCH 2.30 STOKE NEWINGTON SDA CHURCH - NICKLEBY	9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 1.00 LUNCH 2.30 CANAAN CHURCH NICKLEBY	9.00 BREAKFAST 11.00 DESIGN YOUR OWN SANDWICH 1.00 LUNCH 2.30 WELLNESS CAFE AT ALLY PALLY	9.00 BREAKFAST CLUB AT DICKENS CAFE 11.00 GAMES IN THE DINING ROOM 1.00 LUNCH 2.00 PWH SHOP 2.30 PRISCILLA PICTURES	9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 11.00 SARAH & HER KEYBOARD PICKWICK 1.00 LUNCH 2.30 HAPPY BIRTHDAY YVONNE	9.00 BREAKFAST 10.30 COPPERFIELD CONVERSATIONS 1.00 LUNCH 2.30 EXERCISE WITH SPURS NICKLEBY		9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 1.00 LUNCH 2.30 ONE TO ONE ACTIVITIES MENU	9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 1.00 LUNCH 2.30 CHILLING IN THE LOUNGE





JUNE 2019 - DORRIT UNIT

Sat. - 1	Sun. - 2	Mon. - 3	Tue. - 4	Wed. - 5	Thu. - 6	Fri. - 7	Sat. - 8	Sun. - 9	Mon. - 10
9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 1.00 LUNCH 2.30 ONE TO ONE ACTIVITIES MENU	9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 1.00 LUNCH 2.30 CHILLING IN THE LOUNGE	9.00 BREAKFAST 10.30 DAILY LIVING ACTIVITIES 1.00 LUNCH 2.30 SENSORY RELAXATION	9.00 BREAKFAST CLUB AT DICKENS CAFE 10.30 ONE TO ONE ACTIVITIES MENU 1.00 LUNCH 2.00 PWH SHOP 2.30 PAMPERING & RELAXATION	9.00 BREAKFAST 10.30 DAILY LIVING ACTIVITIES 11.00 SARAH & HER KEYBOARD PICKWICK 1.00 LUNCH 2.30 BALLOON VOLLEYBALL	9.00 BREAKFAST 10.30 PICNIC AT MARKFIELD PARK  2.30 EXERCISE WITH SPURS NICKLEBY	9.00 BREAKFAST 11.00 WALK TO THE CAFE 1.00 LUNCH 2.30 SINGALONG TO THE MUSICALS 5.00 FISH & CHIPS CLUB-DICKENS CAFE	9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 1.00 LUNCH  2.30 QUEEN'S BIRTHDAY	9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 1.00 LUNCH 2.30 CHILLING IN THE LOUNGE	9.00 BREAKFAST 10.30 DAILY LIVING ACTIVITIES 1.00 LUNCH 2.30 OOMPH SESSION AT DORRIT
DIABETES AWARENESS WEEK									
Tue. - 11	Wed. - 12	Thu. - 13	Fri. - 14	Sat. - 15	Sun. - 16	Mon. - 17	Tue. - 18	Wed. - 19	Thu. - 20
9.00 BREAKFAST CLUB AT DICKENS CAFE 10.30 ONE TO ONE ACTIVITIES MENU 1.00 LUNCH 2.00 PWH SHOP 2.30 PAMPERING & RELAXATION	9.00 BREAKFAST 10.30 DAILY LIVING ACTIVITIES 11.00 SARAH & HER KEYBOARD PICKWICK 1.00 LUNCH 2.30 PARACHUTE GAMES	9.00 BREAKFAST 10.30 CUPCAKE DAY DICKENS CAFÉ  1.00 LUNCH 2.30 NEWSPAPERS WITH CLIFFORD	9.00 BREAKFAST 11.00 WALK TO THE CAFE 1.00 LUNCH 2.30 SINGALONG TO THE MUSICALS 5.00 FISH & CHIPS CLUB-DICKENS CAFE	9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 1.00 LUNCH 2.30 SDA CHURCH NICKLEBY	9.00 BREAKFAST 10.30 HAPPY FATHER'S DAY 1.00 LUNCH 2.30 CHILLING IN THE LOUNGE	9.00 BREAKFAST 10.30 DAILY LIVING ACTIVITIES 1.00 LUNCH 2.30 SENSORY RELAXATION 5.30 PORTUGUESE NIGHT DICKENS CAFE	9.00 BREAKFAST CLUB AT DICKENS CAFE 10.30 PICNIC AT FORTY HALL  2.00 PWH SHOP	9.00 BREAKFAST 10.30 DAILY LIVING ACTIVITIES 11.00 SARAH & HER KEYBOARD PICKWICK 1.00 LUNCH 2.30 BALLOON VOLLEYBALL	9.00 BREAKFAST 10.30 DAILY LIVING ACTIVITIES 1.00 LUNCH 2.30 NEWSPAPERS WITH GEORGE
Fri. - 21	Sat. - 22	Sun. - 23	Mon. - 24	Tue. - 25	Wed. - 26	Thu. - 27	Fri. - 28	Sat. - 29	Sun. - 30
9.00 BREAKFAST 11.00 WALK TO THE CAFE 1.00 LUNCH 2.30 SINGALONG TO THE MUSICALS 5.00 FISH & CHIPS CLUB-DICKENS CAFE	9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 1.00 LUNCH 2.30 STOKE NEWINGTON SDA CHURCH - NICKLEBY	9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 1.00 LUNCH 2.30 CANAAN CHURCH NICKLEBY	9.00 BREAKFAST 10.30 DAILY LIVING ACTIVITIES 1.00 LUNCH 2.30 WELLNESS CAFE AT ALLY PALLY 2.30 HAPPY BDAY WAYNE	9.00 BREAKFAST CLUB AT DICKENS CAFE 10.30 ONE TO ONE ACTIVITIES MENU 1.00 LUNCH 2.00 PWH SHOP 2.30 PAMPERING & RELAXATION	9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 11.00 SARAH & HER KEYBOARD PICKWICK 1.00 LUNCH 2.30 PARACHUTE GAMES	9.00 BREAKFAST 10.30 DAILY LIVING ACTIVITIES 1.00 LUNCH 2.30 NEWSPAPERS WITH CLIFFORD		9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 1.00 LUNCH 2.30 ONE TO ONE ACTIVITIES MENU	9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 1.00 LUNCH 2.30 CHILLING IN THE LOUNGE



JUNE 2019 - HAVISHAM & PICKWICK UNIT



Sat. - 1	Sun. - 2	Mon. - 3	Tue. - 4	Wed. - 5	Thu. - 6	Fri. - 7	Sat. - 8	Sun. - 9	Mon. - 10
9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 1.00 LUNCH 2.30 ONE TO ONE ACTIVITIES MENU	9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 1.00 LUNCH 2.30 CHILLING IN THE LOUNGE	9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 1.00 LUNCH 2.30 GARDENING CLUB	9.00 BREAKFAST CLUB AT DICKENS CAFE 10.30 QUIZ @ DICKENS CAFE 1.00 LUNCH 2.00 PWH SHOP 2.30 PAMPERING & RELAXATION	9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 11.00 SARAH & HER KEYBOARD PICKWICK 1.00 LUNCH 2.30 BOARD GAMES AFTERNOON	9.00 BREAKFAST 10.30 PICNIC AT MARKFIELD PARK  2.30 EXERCISE WITH SPURS NICKLEBY	9.00 BREAKFAST 11.00 WALK TO THE CAFE 1.00 LUNCH 2.30 SINGALONG DORRIT 5.00 FISH & CHIPS CLUB-DICKENS CAFE	9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 1.00 LUNCH  2.30 QUEEN'S BIRTHDAY	9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 1.00 LUNCH 2.30 CHILLING IN THE LOUNGE	9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 1.00 LUNCH 2.30 GARDENING CLUB
DIABETES AWARENESS WEEK									
Tue. - 11	Wed. - 12	Thu. - 13	Fri. - 14	Sat. - 15	Sun. - 16	Mon. - 17	Tue. - 18	Wed. - 19	Thu. - 20
9.00 BREAKFAST CLUB AT DICKENS CAFE 10.30 QUIZ @ DICKENS CAFE 1.00 LUNCH 2.00 PWH SHOP 2.30 PAMPERING & RELAXATION	9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 11.00 SARAH & HER KEYBOARD PICKWICK 1.00 LUNCH 2.30 BOARD GAMES AFTERNOON	9.00 BREAKFAST 10.30 CUPCAKE DAY DICKENS CAFÉ  1.00 LUNCH 2.30 EXERCISE WITH SPURS NICKLEBY	9.00 BREAKFAST 11.00 WALK TO THE CAFE 1.00 LUNCH 2.30 SINGALONG DORRIT 5.00 FISH & CHIPS CLUB-DICKENS CAFE	9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 1.00 LUNCH 2.30 SDA CHURCH NICKLEBY	9.00 BREAKFAST 10.30 HAPPY FATHER'S DAY 1.00 LUNCH 2.30 CHILLING IN THE LOUNGE	9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 1.00 LUNCH 2.30 GARDENING CLUB 5.30 PORTUGUESE NIGHT DICKENS CAFE	9.00 BREAKFAST CLUB AT DICKENS CAFE 10.30 PICNIC AT FORTY HALL  2.00 PWH SHOP	9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 11.00 SARAH & HER KEYBOARD PICKWICK 1.00 LUNCH 2.30 SENSORY RELAXATION	9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 1.00 LUNCH 2.30 HAPPY BDAY CONRAD 2.30 EXERCISE WITH SPURS-NICKLEBY
Fri. - 21	Sat. - 22	Sun. - 23	Mon. - 24	Tue. - 25	Wed. - 26	Thu. - 27	Fri. - 28	Sat. - 29	Sun. - 30
9.00 BREAKFAST 11.00 WALK TO THE CAFE 1.00 LUNCH 2.30 HAPPY BDAY PAULETTE 5.00 FISH & CHIPS CLUB-DICKENS CAFE	9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 1.00 LUNCH 2.30 STOKE NEWINGTON SDA CHURCH - NICKLEBY	9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 1.00 LUNCH 2.30 CANAAN CHURCH NICKLEBY	9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 1.00 LUNCH 2.30 WELLNESS CAFE AT ALLY PALLY	9.00 BREAKFAST CLUB AT DICKENS CAFE 10.30 QUIZ @ DICKENS CAFE 1.00 LUNCH 2.00 PWH SHOP 2.30 PAMPERING & RELAXATION	9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 11.00 SARAH & HER KEYBOARD PICKWICK 1.00 LUNCH 2.30 SENSORY RELAXATION	9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 1.00 LUNCH 2.30 EXERCISE WITH SPURS NICKLEBY		9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 1.00 LUNCH 2.30 ONE TO ONE ACTIVITIES MENU	9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 1.00 LUNCH 2.30 CHILLING IN THE LOUNGE



Oomph!

Pamper me

JUNE 2019 - NICKLEBY UNIT

Sat. - 1	Sun. - 2	Mon. - 3	Tue. - 4	Wed. - 5	Thu. - 6	Fri. - 7	Sat. - 8	Sun. - 9	Mon. - 10
9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 1.00 LUNCH 2.30 ONE TO ONE ACTIVITIES MENU	9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 1.00 LUNCH 2.30 HAPPY BIRTHDAY SYBIL	9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 1.00 LUNCH 2.30 MASSAGE & AROMATHERAPY WITH MURNELL	9.00 BREAKFAST CLUB AT DICKENS CAFE 10.30 ONE TO ONE ACTIVITIES MENU 1.00 LUNCH 2.00 PWH SHOP 3.00 NICKLEBY ICECREAM PARLOUR	9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 11.00 SARAH & HER KEYBOARD PICKWICK 1.00 LUNCH 2.30 BALLOON VOLLEYBALL	9.00 BREAKFAST 10.30 PICNIC AT MARKFIELD PARK  2.30 EXERCISE WITH SPURS NICKLEBY	9.00 BREAKFAST 11.00 WALK TO THE CAFE 1.00 LUNCH 2.30 FAMILY FORTUNES 5.00 FISH & CHIPS CLUB-DICKENS CAFE	9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 1.00 LUNCH  2.30 QUEEN'S BIRTHDAY	9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 1.00 LUNCH 2.30 CHURCH MUSIC WITH PAULINE	9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 1.00 LUNCH 2.30 DOMINOES WITH GRANVILLE
DIABETES AWARENESS WEEK									
Tue. - 11	Wed. - 12	Thu. - 13	Fri. - 14	Sat. - 15	Sun. - 16	Mon. - 17	Tue. - 18	Wed. - 19	Thu. - 20
9.00 BREAKFAST CLUB AT DICKENS CAFE 10.30 ONE TO ONE ACTIVITIES MENU 1.00 LUNCH 2.00 PWH SHOP 2.30 PAMPERING	9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 11.00 SARAH & HER KEYBOARD PICKWICK 1.00 LUNCH 2.30 CUPCAKE DECORATING WITH KATHLEEN	9.00 BREAKFAST 10.30 CUPCAKE DAY DICKENS CAFÉ  1.00 LUNCH 2.30 EXERCISE WITH SPURS NICKLEBY	9.00 BREAKFAST 11.00 WALK TO THE CAFE 1.00 LUNCH 2.30 FAMILY FORTUNES 5.00 FISH & CHIPS CLUB-DICKENS CAFE	9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 1.00 LUNCH 2.30 SDA CHURCH NICKLEBY	9.00 BREAKFAST 10.30 HAPPY FATHER'S DAY 1.00 LUNCH 2.30 MUSIC WITH THOMAS	9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 1.00 LUNCH 2.30 HAPPY BDAY GRANVILLE 5.30 PORTUGUESE NIGHT DICKENS CAFE	9.00 BREAKFAST CLUB AT DICKENS CAFE 10.30 PICNIC AT FORTY HALL  2.00 PWH SHOP	9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 11.00 SARAH & HER KEYBOARD PICKWICK 1.00 LUNCH 2.30 BALLOON VOLLEYBALL	9.00 BREAKFAST 10.30 PRAYERS & BIBLE READING WITH EUPHEMIA 1.00 LUNCH 2.30 EXERCISE WITH SPURS NICKLEBY
Fri. - 21	Sat. - 22	Sun. - 23	Mon. - 24	Tue. - 25	Wed. - 26	Thu. - 27	Fri. - 28	Sat. - 29	Sun. - 30
9.00 BREAKFAST 11.00 WALK TO THE CAFE 1.00 LUNCH 2.30 KARAOKE PARTY COPPERFIELD 5.00 FISH & CHIPS CLUB-DICKENS CAFE	9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 1.00 LUNCH 2.30 STOKE NEWINGTON SDA CHURCH - NICKLEBY	9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 1.00 LUNCH 2.30 CANAAN CHURCH NICKLEBY	9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 1.00 LUNCH 2.30 WELLNESS CAFE AT ALLY PALLY	9.00 BREAKFAST CLUB AT DICKENS CAFE 10.30 ONE TO ONE ACTIVITIES MENU 1.00 LUNCH 2.00 PWH SHOP 2.30 PAMPERING	9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 11.00 SARAH & HER KEYBOARD PICKWICK 1.00 LUNCH 2.30 ASIAN HIGH TEA WITH MRS. ALI	9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 1.00 LUNCH 2.30 EXERCISE WITH SPURS NICKLEBY		9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 1.00 LUNCH 2.30 SEATED TENNIS	9.00 BREAKFAST 10.30 ONE TO ONE ACTIVITIES MENU 1.00 LUNCH 2.30 DARTS & SHANDY IN THE LOUNGE

