**We also have different variation of activities on our daily planner which include, morning movement, daily crosswords, quizzes, and walks in the garden, pampering, arts & crafts mini bus trips.**

**Wednesday 1st of September - 2:00pm – 3:00pm**

1-2-1 exercise with George and Jane in the garden.

**Thursday 2nd of September - 2:00pm – 3:00pm**

Entertainment in the garden from Jack High

We will be entertained and have cocktails flowing in our lovely gardens.

**Friday 3rd of September - 10:30am – 12:00pm**

Drop in coffee morning

Our head chef Paul will have his fabulous cakes for us to taste.

**Tuesday 7th of September - 2:30pm – 3:30pm**

V & A Dundee zoom tour Scottish design galleries.

**Thursday 9th of September -** Live ZOOM Event - Last Night of Proms from English

National Ballet

**Monday 13th of September - Roald Dahl day**

Looking through the years of Roald Dahl and his creative writing. Finishing off with a movie afternoon of James and the giant peach.

**Tuesday 14th of September - History talk**

11:00am -12:00pm

Our very own historian Roy Johnston giving us a talk on Napoleons invasion of Russia

**Thursday 16th of September - Mexican Independence Day**

**2:00pm – 3:00pm** Tour around Mexico and a taster afternoon of traditional foods

**Friday 17th of September - Visit from Bunny & co**

**1:15pm** Laura and Stan will bring along there beautiful animals for us all to see.

**Monday 19th of September - Balance awareness week**

We will be working alongside our physio therapists to coordinate our balance and posture

**Thursday 23rd of September - International day of sign language.**

Our residents will learn some of the Makaton sign language

**Friday 25th of September - McMillian coffee afternoon**

We will have our very fund raising to support the McMillian nurses.

**Here are the events and activities going on this month!**

September Activities

At Strachan House