

# ACTIVITIES FOR THE COMING WEEK ONE

## Monday 12<sup>th</sup> February



### Michelle on Annual Leave

-  10:30am Shop Trolley (Mary)   
11am Music & Movement with 'Shane'  
(Jan & Liz)  
(Activity Room)  
Drinks in Main Lounge  
PM Toiletries Shopping  
(Jan & Liz)  
2pm Rummy (with Ruth)...also Scrabble  
(Main Lounge)

## Tuesday 13<sup>th</sup> February



## Shrove Tuesday

- Michelle D/O  
**'STAFF TRAINING'**  
Drinks in Main Lounge  
2pm Willow Craft Session with  
'Barbara Clift'  
(Jan & Liz)  
(Activity Room)  
5pm Pancakes for Tea

## Wednesday 14<sup>th</sup> February



## Thursday 15<sup>th</sup> February



### Liz on Annual Leave

- Michelle 2-8  
11am Bingo (Jan & Wendy)  
(Activity Room)  
Drinks in Main Lounge  
2pm Watercolours (Jan)  
(Activity Room)  
2pm Michelle on Quantock  
6:30pm Documentary Evening with Michelle:  
'Agatha Christie Mystery Queen'  
(Main Lounge)

## Friday 16<sup>th</sup> February



### Liz on Annual Leave

- 11am Manicures (Michelle & Jan)  
(Main Lounge)  
  
Drinks in Main Lounge  
  
2pm Manicures on Quantock  
(Michelle)

## Saturday 17<sup>th</sup> February



**No Activities  
Today**

## Sunday 18<sup>th</sup> February



**No Activities  
Today**

## Valentine's Day Fun Facts

- 1** Valentine's Day is the second most popular day of the year for sending cards. Christmas is the first most popular.
- 2** Worldwide, over 50 million roses are given for Valentine's Day each year.
- 3** About 1 billion Valentine's Day cards are exchanged each year.
- 4** Approximately 27 percent of those who buy flowers on Valentine's Day are women. Only 73% are men.
- 5** The origin of Valentine's Day is traced back to the ancient Roman celebration of Lupercalia which was held on February 15. This day honoured the gods Lupercus and Faunus, as well as the legendary founders of Rome, Romulus and Remus.
- 6** Cupid is said to be the symbol of valentines. Cupid is the son of Venus. Venus is the Roman god of love and beauty.
- 7** The heart is associated with Valentine's Day as it is considered the source of all human emotions.
- 8** Red rose is a favourite flower of Venus. For this reason, the red rose is also the symbol of Valentine's Day. All over the world, over 50 million roses are given for Valentine's Day each year.
- 9** The symbol of the ribbon, which often adorns modern-day Valentines, is rooted in the Middle Ages. When knights competed in tournaments, their sweethearts often gave them ribbons for good luck.
- 10** Girls of medieval times ate bizarre foods on St. Valentine's Day to make them dream of their future husband.
- 11** In order of popularity, Valentine's Day cards are given to teachers, children, mothers, wives, sweethearts and pets.
- 12** Richard Cadbury invented the first Valentines Day candy box in the late 1800's