



What's on this month

Friday 2nd September - Sing Along with Netta on Keyboard

Monday 5th September - Craft with Gina.

Wednesday 7th September - Carolyn at the Art Group, Seated Exercise.

Thursday 8th September - Parachute Games, Hand Massage with Pat.

Friday 9th September - Men's Group - Craft, Women's Group - Bean Bag Game.

Monday 12th September - Musical Bingo

Wednesday 14th September - Carolyn at the Art Group, Beetle Drive

Friday 16th September - Men's Group - Horse Racing, Women's Group - Radio Quiz and Hand massage with Pat

Wednesday 21st September - Carolyn at the Art Group, Balloon Tennis,

Thursday 22nd September - Sing Along with Netta on Keyboard - Hand massage with Pat.

Monday 26th September - 10.30am Carers Café.

Wednesday 28th September - Carolyn at the Art Group.

Friday 30th September - Quizzes and Hand Massage with Pat

New MSP Daniel Johnston visits the Centre



Carers Corner

Karen thanks all the Carers who attended last months Café to hear from Teresa Straczynski of Alzheimers Scotland and looks forward to seeing you all again on the 26th September at 10.30am - and remember care is available for your relative while you attend the Café.

Chatting with the Men's Group

Some inspirational quotes for September

Believe you can and your half way there
- Theodore Roosevelt

You can never cross the ocean until you have the courage to lose sight of the shore
- Christopher Columbus

Only those who will risk going too far can possibly find out how far one can go - TS Eliot

There are seven days in the week and someday is not one of them

Unless you do something beyond what you have already mastered you will never grow
- Ralph Waldo Emerson

Working hard for something we don't care about is called stress
Working hard for something we love is called passion - Simon Sinek

Spending time in the Women's Group



CLASSIC MOVIES WORD SEARCH PUZZLE

G	S	O	U	T	H	P	A	C	I	F	I	C	R	O	L	C
R	Z	F	U	A	P	E	E	L	S	G	I	B	E	H	T	A
C	I	T	I	Z	E	N	K	A	N	E	H	X	D	S	T	S
J	E	P	R	H	I	Z	G	N	C	B	U	W	R	Y	H	A
R	E	V	I	N	I	M	S	R	M	E	G	D	I	A	E	B
X	N	O	O	N	H	G	I	H	Z	N	Q	Z	V	X	A	L
H	S	M	A	R	V	E	Q	R	L	H	T	V	E	A	F	A
C	U	I	H	A	C	H	C	S	I	U	U	R	R	L	R	N
A	O	R	Y	W	O	D	N	I	W	R	A	E	R	L	I	C
O	I	Y	D	A	L	R	I	A	F	Y	M	K	K	A	C	A
C	R	Y	R	S	P	E	O	H	C	Y	S	P	I	B	A	M
E	O	I	P	Q	C	B	K	G	L	O	Z	J	N	O	N	I
G	T	N	A	M	T	E	I	U	Q	E	H	T	G	U	Q	H
A	O	W	O	H	I	C	W	C	K	M	E	G	K	T	U	T
T	N	C	K	Z	G	C	U	R	Q	R	O	M	O	E	E	V
S	T	Q	A	S	T	A	R	I	S	B	O	R	N	V	E	V
Y	A	D	I	L	O	H	N	A	M	O	R	X	G	E	N	N

And finally some words from Mother Theresa who this week was made a Saint -
'Go out into the world and love the people you meet - let your presence light the new light in the hearts of people.'

CASABLANCA
SOUTH PACIFIC
ALL ABOUT EVE
ROMAN HOLIDAY
REBECCA

STAGECOACH
KING KONG
BEN-HUR
CITIZEN KANE
THE AFRICAN QUEEN

THE BIG SLEEP
HIGH NOON
NOTORIOUS
A STAR IS BORN
RED RIVER

REAR WINDOW
PSYCHO
MRS MINIVER
THE QUIET MAN
MY FAIR LADY