

EVENTS & ACTIVITIES

JANUARY 2018

TAI CHI

THURSDAY 11TH JANUARY **2:30-3:30pm** & MONDAY 22ND JANUARY **11:30am**

Here at Thirlestaine Park Care Home, our residents are very active and enjoy all types of exercise. Tai Chi has been shown to have many wonderful benefits by those who practice it and our residents noticed an improvement in their flexibility after just a few sessions. Come and join us for some light movements and stretches during this fun class.

PAT DOG VISITS

FRIDAY 12TH JANUARY **2:00pm**

Pets As Therapy will be bringing dogs and cats to Thirlestaine Park for our residents to interact with. Our residents love animals and miss having them around, so we have now set up more regular visits on a fortnightly basis.

Regular activities:

MINIBUS TRIPS

EVERY MONDAY & WEDNESDAY **Times vary**

Every Monday and Wednesday we have the minibus which enables us to make trips to a destination of our choosing! So keep an eye on where we are going each week!

PROFESSIONAL ART CLASSES WITH KATHERINE

THURSDAY AFTERNOONS **3:00-4:30pm**

Come and evoke your creative side at our weekly art classes and show us what you can do. Katherine encourages our residents to learn new skills and has a great relationship with them, getting to know them to improve their overall experience.

CINEMATIC EXPERIENCE

EVERY SUNDAY **2:00pm**

Join the residents to rewatch classics or discover new favourites! There are films for everyone to enjoy, from old musicals to westerns and new movies. Popcorn, treats and drinks are available to make it a more authentic cinema experience.

CLASSICAL MUSIC MORNINGS

EVERY FRIDAY **10:30am**

We have been running a classical music morning every Friday for a while as requested by the residents. During this time, residents enjoy a cup of tea and read the newspaper whilst listening to vinyl records of classic composers and live piano music.

GYM

Since our gym opened our residents have become much more exercise orientated. Personal SMART targets are being set to reach their personal short and long term goals and gym sessions are often carried out on a one to one basis to ensure quality time is spent helping residents reach these targets. Having the gym is a crucial part of our weekly programme as our residents enjoy this leisure activity on a daily basis.

Contact us today on 01242 505 643 to find out more about these upcoming events and activities, or why not suggest an activity yourself!