



EVENTS & ACTIVITIES

FEBRUARY 2019

GARDEN MEETING

FRIDAY 1ST FEBRUARY 2:30pm

Let's spring into action and discuss some blooming great ideas for our garden! Residents, relatives and community friends are most welcome to attend. Join us in the ground floor garden room.

BEE ACTIVE SPORTS SESSIONS

FRIDAY 1ST, 8TH, 15TH & 22ND FEBRUARY 11:00am

Come and join in on our fitness sessions with our personal trainer Jake, who will be promoting gentle exercise, rhythm and coordination. It's uplifting and fun - all welcome!

HOLY FELLOWSHIP

SUNDAY 3RD FEBRUARY 11:30am

Lynn Tindale will be holding a Sunday worship service followed by refreshments.

MUSICAL MOMENTS

TUESDAY 12TH & 26TH FEBRUARY 3:30pm

Enjoy this interactive, stimulating music session, bursting with energy and suitable for all abilities. This session will include chair-based exercises and is great for reminiscence.

PERFORMANCE BY AFTERNOON DELIGHTS

THURSDAY 14TH FEBRUARY 2:30pm

Enjoy an afternoon of live musical entertainment in the ground floor drawing room, with dynamic duo, Afternoon Delights.

BUGLAWTON CHURCH SERVICE

WEDNESDAY 27TH FEBRUARY 2:30pm

Join us for this in-house community led service.

SPRING VISUAL SHOW

THURSDAY 28TH FEBRUARY 11:30am

Come along to the ground floor drawing room and see this slow motion spring visual show, accompanied by relaxing music.

Throughout the month, we also hold regular art classes, Scrabble club, Knit & Natter group, coffee mornings and so on. Please pop in and check out the noticeboard for all dates and times. Weekly minibus trips are available also, so please see the home's noticeboard for more information.

Contact us today on 01260 296 789 to find out more about these upcoming events and activities, or why not suggest an activity yourself! On occasions the activities menu may be subject to change. Please see additional posters in reception for updated information.