



# EVENTS & ACTIVITIES

## JULY 2022

### Care Home Open Day

FRIDAY 1ST JULY – 2.30pm-3.30pm

We will be hosting our Care Home Open Day throughout the day. We will be joined by the wonderful soprano Helen England at 2.30 pm to entertain us.

### Poetry Event

WEDNESDAY 6TH JULY 2.30pm – 3.30pm

Throughout the week we will be collecting poetry written by staff and residents. On Wednesday we will gather together and read the fantastic poetry and have a discussion about all the poetry festivals around the country.

### World Chocolate Day

THURSDAY 7TH JULY 3.00pm - 4.00pm

We will be celebrating world chocolate day by sampling some delicious tasting chocolates. We will be trying some of our old favourites and some samples of our own homemade delicacies.

### Goodwood Festival of Speed

MONDAY 11TH JULY 11.30am - 12.30pm

Today we will be looking back at the history of Goodwood and sharing our memories of the cars we have owned and any car events we have attended.

### St Swithin's day

FRIDAY 15TH JULY 2.30pm - 3.30pm

We will be creating our own Weather forecast for the week ahead and sharing this with our other homes across the country to see how we fare in the Cheshire Town.

### Summer Visual Show

FRIDAY 2ND JULY 11.00am - 12.00pm

Joe will be taking us on a virtual tour around Cheshire, Derbyshire and Cheshire looking at the change in season the beautiful gardens and much more.

### Musical Moments

TUESDAY 26TH JULY 2.00pm - 3.00pm

The Musical Moments session led by Victoria, are always lively, full of energy and fun. We work to involve and engage with every member of the group.

## **Music Festival**

**SATURDAY 16TH JULY 2.30pm**

To coincide with the Cheltenham Music festival Astbury Mere will be holding our own. We have invited musicians from around Congleton to pop in to show off their talents.

## **Commonwealth Games**

**THURSDAY 28TH JULY 11.30am**

To Kick start the commonwealth games we will be holding a sporting event to get us all in shape for the next few weeks. We will all be taking part in games in the garden weather permitting.

## **Holy Fellowship**

**FRIDAY 29TH JULY 2.30pm**

Pastor Lynn Tindale will be visiting us and leading us in Holy Fellowship join us in the ground floor garden room.

**Throughout the month, we will also be hosting the following regular activities:**

### **Bilui Personal Trainer**

**EVERY SATURDAY FROM 11.00am until 12.30pm**

Vanessa works with residents in group sessions and one to one sessions light excise working on core parts of the body to help movement and stability. The session is always fun and uplifting.

### **Scrabble Club**

**EVERY SUNDAY 2.30pm**

Join us for this mind stimulating game Ground Floor Garden Room.

### **Tea Club**

**EVERY MONDAY 3.00pm**

Come and enjoy a pot of tea and a good chatter in the Activities Room.

### **Garden Group**

**EVERY WEDNESDAY 2.30pm**

Come and join us in the garden to continue with the hard work taking place for our Garden Challenge even if it's just for a chat everyone welcome.

### **Pamper sessions**

**EVERY TUESDAY throughout the day**

Why not have a pamper session based in the activities room we will look after your nails and hands accompanied with refreshments.

**Contact us today on 01260 296 789 to find out more about these upcoming events and activities, or why not suggest an activity yourself!**

