



# EVENTS & ACTIVITIES

## September 2025

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

### **Flower watercolour painting**

EVERY MONDAY AND FRIDAY at 10.00am

### **Quiz time**

EVERY MONDAY at 11.30am

### **Tea at 3**

EVERY MONDAY, WEDNESDAY, THURSDAY AND FRIDAY at 3.00pm

### **Guided meditation**

EVERY MONDAY, WEDNESDAY AND FRIDAY at 4.00pm or 6.00pm

### **Chair exercise**

EVERY TUESDAY at 11.30am

### **Jigsaws**

EVERY TUESDAY AND FRIDAY at 12.00pm or 2.00pm

### **Knit and natter**

EVERY TUESDAY at 3.30pm

### **Giant dominos**

EVERY THURSDAY AND SATURDAY at 10.00am or 3.30pm

### **Bowls**

EVERY THURSDAY at 4.00pm

### **Training with Vanessa**

EVERY SATURDAY at 10.15am

### **Garden walks**

EVERY SATURDAY at 2.30pm

## **Virtual Church service (upon request)**

EVERY SUNDAY at 10.30am

## **Word games**

EVERY SUNDAY at 2.30pm

## **DVD movies**

EVERY SUNDAY at 2.30pm

Contact us today on **01260 296789** to find out more about these upcoming events and activities, or why not suggest an activity yourself?

