



EVENTS & ACTIVITIES

FEBRUARY 2019

SWIMMING

MONDAY 4TH FEBRUARY 11:30am

We embark on the beginning of our monthly swim sessions. With our residents keen to make a splash, it will be a fun morning so come and join us.

CHURCH SERVICE

WEDNESDAY 6TH FEBRUARY 2:00pm

Avondale warmly welcomes back Vineyard Church for their lovely service. There'll be hymns, bible readings and much more and the service is open to all staff and residents.

PILATES

THURSDAY 7TH & 21ST FEBRUARY 11:30am

Ruth is coming in to provide a relaxing and therapeutic Pilates session. It benefits the mind and the body and is open to all staff.

YOGA

WEDNESDAY 13TH & 27TH FEBRUARY 11:30am

Rebecca returns to lead her chair based yoga. The session will stimulate the body and mind. This session will involve gentle body movements to relaxing music and is open to all staff, residents and relatives.

PAMPER AFTERNOON

WEDNESDAY 13TH FEBRUARY 2:00pm

During our pamper afternoon, we'll be joined by Michelle, our massage therapist. Come along and have an indulgent hand and arm massage, then pick a colour of your choosing and have your nails painted. Enjoy a nice glass of champagne while you wait too.

RICCARDO'S PERFORMANCE

WEDNESDAY 13TH FEBRUARY 6:30pm

Back by popular demand, Riccardo is a fantastic performer who ensures our residents have an interactive and engaging experience. His amazing singing and dance moves will sweep you off your feet and have our residents smiling and joining in.

BECKY'S SINGING SENSATION

THURSDAY 14TH FEBRUARY 2:00pm

Becky will be in the home to bring back loving memories with her amazing singing. Come along, have a sing, dance and a drink during her performance.

All of this is happening as well as our normal gym sessions, bus trips, skittles, skattles and much more! Contact us today on 01296 438 000 to find out more about these upcoming events and activities, or why not suggest an activity yourself!