



# EVENTS & ACTIVITIES

## MARCH 2019

### **YOGA**

**WEDNESDAY 6TH & 20TH MARCH 11:30am**

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

### **CHURCH SERVICE**

**WEDNESDAY 6TH MARCH 3:30pm**

Avondale warmly welcomes back Vineyard Church to perform their lovely service. There will be hymns, Bible readings and much more and this service is open to all staff and residents.

### **PILATES**

**THURSDAY 7TH & 21ST MARCH 11:30am**

Ruth is coming in to provide a relaxing and therapeutic session for all. It will benefit the mind and body and is open to all staff so come along and join us!

### **RICCARDO'S PERFORMANCE**

**WEDNESDAY 13TH MARCH 2:00pm**

Riccardo returns due to popular demand from the residents. He fills the home with his amazing singing and his dance moves will sweep you off your feet.

### **INTERHOME MATCH**

**THURSDAY 26TH MARCH 10:00am**

Our monthly match between the homes continues and as always, it's sure to be a competitive affair! Come along and support Avondale when we play a match against our sister homes, Penhurst Gardens and Lincroft Meadow, in a day of fun and games.

### **CHILTERN MUSIC THERAPY**

**TUESDAY 26TH MARCH 3:30pm**

Chiltern Music Therapy returns to Avondale with Eleanor, who will sing and play her guitar. Eleanor brings instruments for the residents to play along with her whilst she sings from a selection of old and new favourites.

**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!**