



EVENTS & ACTIVITIES

MAY 2022

VE Day

SUNDAY 8TH MAY

We will be marking VE day with the moment of silence as well as reading war poems and sharing stories over a coffee and taking a look at songs that helped keep spirits up during the war.

Zumba with Mareda

TUESDAY 10TH & 24TH MAY 2.00pm

Join us for our fun and friendly sessions with Mareda. She will be providing an hour of energetic and fun exercise with an upbeat and lively atmosphere.

Fiona Harrison

THURSDAY 19TH MAY 3.00pm

Fiona will return to visit us this month with her theatrics and stage presence. We are sure that this will be a fun-filled afternoon.

Emily Yarrow

THURSDAY 19TH MAY 3.30pm

Join Emily for an afternoon of her favourite music and songs.

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

Sherry Social

EVERY DAY 12.00pm

Join us for a sherry and a chat before lunch as part of our daily sherry social. If sherry isn't your thing, there will of course be other drinks on offer to enjoy.

Scrabble Club

EVERY MONDAY 3.00pm

Exercise your word power with our regular Scrabble Club. Join us and enjoy a cup of tea whilst we exercise some healthy competition.

Singing for the brain

EVERY FRIDAY 2.20pm

Join Shaun for a session of singing and fun in a structured session, filled with interactive elements and familiar songs. We provide the lyrics, all you have to do is turn up, no musical talent required.

Pamper Party

EVERY THURSDAY 3.30pm

Pamper and party at the same time. Come and enjoy a manicure whilst listening to your favourite tunes. We love a sing-a-long here at Avondale!

Seated exercise classes

EVERY FRIDAY 3.30pm

Join Shaun for a work out and exercise session from the comfort of your own chair. This is a great way to encourage mobility and movement.

Dance with Shona

EVERY WEDNESDAY 2.30pm

Our dance classes with Shona have proven to be very successful with residents and provide a good source of movement and fun!

Contact us today on 01296 438 000 to find out more about these upcoming events and activities, or why not suggest an activity yourself!