

EVENTS & ACTIVITIES

March 2024

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

Lunchtime social

DAILY at 12.00pm

Seated dance exercises with Shona

ALTERNATE WEDNESDAYS at 3.00pm

Pampering sessions

EVERY THURSDAY at 2.00pm

Zumba with Mareda

ALTERNATE TUESDAYS at 2.00pm

Tai Chi with Kim

ALTERNATE THURSDAYS at 11.00am

Online C of E service

SUNDAY MORNINGS

Singing for the brain coffee morning

LAST WEDNESDAY OF THE MONTH at 10.30am

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