

# EVENTS & ACTIVITIES

## May 2025

### **Gilbert and Sullivan Day**

SATURDAY 3<sup>RD</sup> MAY at 2.30 pm

### **Zumba with Mareda**

TUESDAY 6<sup>TH</sup> MAY at 2.00 pm

### **Age Concern coffee morning outing**

WEDNESDAY 7<sup>TH</sup> MAY at 10.30 am

### **VE Day celebrations**

THURSDAY 8<sup>TH</sup> MAY at 2.00 pm

### **Watercolour painting**

MONDAY 12<sup>TH</sup> MAY at 2.00 pm

### **Seated dance with Shona**

WEDNESDAY 14<sup>TH</sup> MAY at 11.00 am

### **Eurovision revisited**

SATURDAY 17<sup>TH</sup> MAY at 11.00 am

### **Afternoon tea dance**

TUESDAY 20<sup>TH</sup> MAY at 2.00 pm

### **Zumba with Mareda**

TUESDAY 20<sup>TH</sup> MAY at 2.00 pm

### **Blue light breakfast**

MONDAY 26<sup>TH</sup> MAY at 8.30 am

### **Singing for the brain**

WEDNESDAY 28<sup>TH</sup> MAY at 10.30 am

### **Seated dance with Shona**

WEDNESDAY 28<sup>TH</sup> MAY at 3.00 pm

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

### **Gym sessions**

DAILY in the afternoon

### **Gardening Club**

EVERY FRIDAY in the morning

### **Haydon Abbey Book/Cooking Club**

FRIDAY AFTERNOONS (DURING TERM TIMES) at 1.30 pm

### **Stitch social**

EVERY SATURDAY in the afternoon

### **Minibus trips**

ONCE/TWICE A WEEK

### **Exercise class**

ONCE/TWICE A WEEK

Contact us today on **01296 438000** to find out more about these upcoming events and activities, or why not suggest an activity yourself?

