

# EVENTS & ACTIVITIES

## July 2025

### **Zumba with Mareda**

TUESDAY 1<sup>ST</sup> JULY at 2.00 pm

### **Live music: singer George Anthony**

THURSDAY 3<sup>RD</sup> JULY at 3.00 pm

### **Trip to Woburn Safari**

TUESDAY 8<sup>TH</sup> JULY from 3.00 pm

### **Seated dance with Shona**

WEDNESDAY 9<sup>TH</sup> JULY at 2.00 pm

### **Strawberries and Pimm's party**

SUNDAY 13<sup>TH</sup> JULY at 11.00 am

### **Zumba with Mareda**

TUESDAY 15<sup>TH</sup> JULY at 2.00 pm

### **Singing for the brain**

WEDNESDAY 16<sup>TH</sup> JULY at 11.00 am

### **Garden picnic**

FRIDAY 18<sup>TH</sup> JULY at 3.00 pm

### **Art exhibition**

SATURDAY 19<sup>TH</sup> JULY at 2.00 pm

### **Seated dance with Shona**

WEDNESDAY 23<sup>RD</sup> JULY at 2.00 pm

### **Kew Gardens trip**

FRIDAY 25<sup>TH</sup> JULY at 10.00 am

### **Prize bingo**

SATURDAY 26<sup>TH</sup> JULY at 2.00 pm

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

### **Hearts and minds**

DAILY throughout the day

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

FRIDAY AFTERNOONS (DURING TERM TIMES) at 1.30 pm

### **Karaoke**

EVERY FRIDAY in the afternoon

### **Church service**

EVERY SUNDAY

### **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?

