

# EVENTS & ACTIVITIES

## MAY 2022

### **Dementia Awareness Week**

16TH-22ND MAY

Come join us on the 18th for an Elvis filled day, we will be styling our resident's hair with the iconic Elvis puff followed by a wonderful Elvis tribute. Throughout the week we will be bringing awareness by visiting the dementia café, with tea and cakes, our brilliant chef will be preparing specially selected meals for the week.

### **World Laughter Day**

TUESDAY 3RD MAY

As everyone knows, laughter releases many endorphins and can transform ones day! We will be telling jokes and screening some laughter yoga therapy sessions for our residents to enjoy and join in with.

### **Paul Megram Master Magician**

WEDNESDAY 4TH MAY 2.00pm

We are thrilled to welcome Paul to delight our residents with his magical displays.

### **VE Day**

SUNDAY 8TH MAY

To celebrate VE day, our residents can join in with sing-a-longs and watch the screenings of documentaries and films.

### **Emily Yarrow**

MONDAY 9TH MAY 2.00pm

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

### **International Nurses Day**

THURSDAY 12TH MAY

This is a day to thank our nurses for their dedication and hard work, especially throughout the past two years.

### **World Cocktail Day**

FRIDAY 13TH MAY

Join us for World Cocktail Day with Pimms in the garden or a Shirley Temple as we indulge in delicious drinks and nibbles on the terrace.

### **Glyndeburn Opera**

SATURDAY 21ST MAY

Join us for musical based word games and a screening of an Opera of our resident's choice.

## Chelsea Flower Show

TUESDAY 24TH MAY

Come and enjoy a day of garden fun. Our residents will be preparing for the garden challenge, sowing, planting and weeding.

## Harry the Tenor

TUESDAY 31STMAY 2.00pm

Join Harry for his energetic performances as he takes requests from residents, there is everything you could enjoy.

**In addition to all these activities, we will also be holding regular groups such as:**

## Comedy Hour

FORTNIGHTLY 3.30pm

Every fortnight, we have a hilarious hour of comedy watching classics such as **Porridge, Dad's army, The Vicar of Dibley** and **Allo Allo!**

## Seated exercise classes

FRIDAYS 11.30am

Join Travis for a workout and exercise session from the comfort of your own chair. This is a great way to encourage mobility and movement, using the Cubii stepping machines setting personal targets for each resident.

## Scrabble Club

EVERY MONDAY 3.30pm

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

## Gentlemen's Club

ONCE A MONTH 3.30pm

Join us for a Gentlemen's Club to socialise with some crisps and drinks. The men can enjoy card games, board games and reminiscence about the time gone by.

## Ladies High Tea

ONCE A MONTH 3.30pm

Join us for a ladies' high tea, enjoy tea, cake and delicious scones on our best china. The ladies can enjoy a lovely chat and reminiscence about the time gone by.

## Day at the races

ONCE A MONTH 3.30pm

Once a month, we set up the projector on the ground floor in the lounge to enjoy a day at the races, watch as our Leisure and Wellness Team turn into bookies for the event as we have monopoly money which our residents use to place their bets to add some excitement to the day, crisps and drinks will be available for the residents.

**Contact us today on 01494 480 200 to find out more about these upcoming events and other activities, or why not suggest an activity yourself!**