



FALKLAND GRANGE

NEWBURY
A PORTHAVEN CARE HOME

EVENTS & ACTIVITIES

MAY 2022

VE Day

THURSDAY 8TH MAY

This is a special day for many of our residents, where so many of them took pride in fighting for our country in the wars. To celebrate this day, we are holding a reminiscence morning talking about experiences and memories in the wars and then finishing off with a classic war film in the afternoon.

World Nurses Day

THURSDAY 12TH MAY

To celebrate how lucky we are to have such caring nurses within our home and in our community, we will be holding a special lunch with a small gift appreciation to thank them for looking after us.

World Cocktail Day

FRIDAY 13TH MAY **Afternoon**

'Vodka may not be the answer but it's worth a shot!' To celebrate world cocktail day, we will be holding a cocktail and mocktail making afternoon for our residents to sit back and enjoy their favourite tipples.

FA Cup Final

SATURDAY 14TH MAY

For all our football lovers we will be showing the FA Cup final in the bistro with a variety of snacks and beer/lager to sit back and enjoy the big game.

Chelsea Flower Show

TUESDAY 24TH MAY

We will take some of our residents to the local garden centre to pick out some bulbs and flowers to plant around the grounds and enjoy making up some hanging baskets. We will also have the Chelsea flower show on in the cinema for all our garden lovers to enjoy and feel inspired.

National Biscuit Day

SUNDAY 29TH MAY

To celebrate National Biscuit Day, we will start off the beginning of the week with a poll to see what our favourite biscuits are. We will have a selection of our favourites in the bistro to enjoy with our tea and coffee and our bakers of the home will bake some of their favourite biscuits to share for afternoon tea.

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

Gym sessions

EVERY MORNING 10.30am in the gym

Book an appointment with our leisure and wellness coordinators to use the home gym. The HUR equipment functions through air pressure and they have proven to be highly successful in exercise rehabilitation. You can book the gym for individual or group sessions.

Time in the Garden

EVERY AFTERNOON

Every afternoon our residents enjoy spending time in our lovely garden, enjoying a gentle walk, sitting in the sun and enjoying a cup of tea and a chat. For those that like to get their hands dirty they are plenty of jobs that need doing in our green house and allotment area.

Sing-a-long

EVERY MONDAY 11.00am in the leisure and wellness room on the first floor

You don't have to be a great singer to join in! come along and enjoy this fun social activity where we take requests and occasionally welcome Interakt Charity to join in the sing-a-long too!

Bus trips

EVERY MONDAY, WEDNESDAY & EVERY OTHER THURSDAY 10.30am & 2.00pm

We have our own Porthaven minibus visits two or three times a week, with two outings a day. Everyone has the opportunity to choose the destinations and we often enjoy a trip down memory lane to some of our resident's favourite local places.

Relaxation and meditation

EVERY WEDNESDAY 2.00pm in the cinema

Join us to relax and unwind with our Leisure and Wellness Team in a peaceful and tranquil environment.

Hairdresser visit

EVERY WEDNESDAY All day in the home salon

Our on-site hairdresser visits every Wednesday to offer a wide range of treatments for both our male and female residents.

Massage and facials,

EVERY THURSDAY Morning

Every week the beauty salon will be available for all to book with our qualified masseuse. Facials, hand massages, Indian head, shoulder and feet massage will be available to book each week for all our residents.

Chair-based yoga classes

EVERY FRIDAY

We really enjoy our chair-based yoga classes, our leisure and wellness coordinator Dusty will be holding weekly yoga classes for all to help keep fit, improve breathing and to help relax the mind. Dusty will offer one-to-one yoga sessions for those who are not able to attend the group class.

Knit and Natter

EVERY THURSDAY 11.30am in the bistro

Come and join our knit and natter group as we continue to make hats for premature babies and our popular blankets. This is a great social activity to keep those fingers active and to have a good natter.

Chair-based exercise classes

EVERY TUESDAY & SUNDAY 3.00pm

We really enjoy our chair-based exercise classes which vary between spinning, dancing, volleyball and resistant band exercise. Benefits of seated exercises include an increased range of mobility, coordination and flexibility. This is not only a good exercise for the body, but for the mind also!

Quiz Club

EVERY SUNDAY 3.00pm

Get those brains buzzing and test your knowledge with quizzes hosted and written by our residents. We love a bit of healthy competition here and enjoy a range of rounds including picture, music and logo!

Virtual church service

SUNDAYS 11.30am in the cinema

Join us for a weekly pre-recorded Church of England service shown in the cinema. We like to end this activity with the singing of popular hymns and a nice cup of tea. This service provided by our local St Georges Church.

Baking Club

ONCE A WEEK in the leisure and wellness room

Our Baking Club is great for all those that enjoy baking or want to try a new skill. The sensory benefits of this activity are great for our residents and bring back nostalgic memories for everyone involved!

Cinema Club

ONCE A WEEK in the cinema (also available every day at residents' request)

Our residents get to choose from a selection of films to watch whilst enjoying homemade popcorn as they sit back and relax. We host a movie club once a week however we are always keen to have films or sports showing.

Arts and Crafts Club

TWICE WEEKLY in the leisure and wellness room

Everyone can get creative as we explore seasonal craft activities using paint, clay, papier mache, glitter and more!

Residents committee meeting

FIRST MONDAY OF EVERY MONTH in the blue lounge

Our residents meeting takes place every eight weeks. Come along and discuss any topics of interest. This is a resident only meeting whereby staff and managers only attend if they receive an invite.

Pampering group

ONCE A WEEK in the salon

Here at Falkland Grange, we enjoy pampering our residents! Join us to have your nails done or maybe enjoy a foot spa?

Pet Therapy

ONCE A WEEK

We will be welcoming Pip the dog to enjoy cuddles, walks and plenty of fuss!

Contact us today on 01635 926900 to find out more about these upcoming events and activities, or why not suggest an activity yourself!