

EVENTS & ACTIVITIES

January 2024

New Years Day

MONDAY 1ST JANUARY

Sean Brady

WEDNESDAY 10TH JANUARY

Alenova dance group

SUNDAY 14TH JANUARY

St George's Church

TUESDAY 16TH JANUARY

Rock Choir

MONDAY 22ND JANUARY

Staff and resident's dog walk group

THROUGHOUT THE MONTH

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

Gym sessions

DAILY at 10.30am

Wellness mornings

DAILY at 11.00am

Time in the garden

DAILY at 11.00am and 2.00pm

Music singalong

EVERY MONDAY at 11.00am

Countdown Club

EVERY MONDAY at 11.30am

Seated laughing yoga

EVERY MONDAY at 11.30am

Baking club

EVERY WEDNESDAY at 2.30pm

Hairdresser appointments

EVERY WEDNESDAY from 9.00am to 5.00pm

Uno Club

EVERY THURSDAY at 11.30am

Weekly Walking Club

EVERY THURSDAY at 3.00pm

Quiz club

EVERY FRIDAY at 3.30pm

Virtual church service

EVERY SUNDAY at 2.00pm

Bowls club

EVERY SUNDAY at 2.00pm

Creative writing group

EVERY SUNDAY at 2.00pm

Arts and crafts

TWICE A WEEK

Cinema club

EVERY MONDAY AND SATURDAY **at 3.00pm**

Minibus trips

EVERY TUESDAY

Chair-based exercise sessions

EVERY TUESDAY, FRIDAY AND SUNDAY **at 11.30am and 2.00pm**

Knit and natter group

EVERY WEDNESDAY AND SUNDAY **at 11.30am**

Contact us today on **01635 926 900** to find out more about these upcoming events and activities, or why not suggest an activity yourself!

