



HADDON HALL CARE HOME

BUXTON

A PORTHAVEN CARE HOME

## EVENTS & ACTIVITIES

### FEBRUARY 2019

#### **CINEMA TRIP - STAN AND OLLIE**

MONDAY 4TH FEBRUARY 10:00am

We are really looking forward to going to the flicks at Stockport Plaza to see the movie, 'Stan and Ollie' which has received rave reviews from the critics. After the film, we will take lunch in their beautifully decorated art nouveau restaurant. Join us on our charming trip down memory lane to see if they get into 'another fine mess!'

#### **CHINESE NEW YEAR**

TUESDAY 5TH FEBRUARY 5:00pm

Chinese New Year is a festival celebrating the beginning of the New Year according to the traditional Chinese calendar. This year is the year of the pig and anyone born in the year of the pig is said to have a beautiful personality and is blessed with good fortune in life. We will be making Chinese lanterns and working with our fantastic chefs who will be bringing you some tasty Chinese delicacies to try.

#### **LIVE MUSIC WITH JANE BRAMWELL**

THURSDAY 7TH FEBRUARY

Today we will be joined by Jane Bramwell who is always popular at Haddon Hall. She plays guitar and sings an array of music from every genre which captures everyone's attention and draws in the crowds.

#### **VALENTINE TEA DANCE**

THURSDAY 14TH FEBRUARY 2:30pm

I love you a latte! Share tea, coffee and cake with friendly faces. An afternoon of dancing, socialising and fun with great music and great company and a little bit of luurrve thrown in! We love the combination of staff, residents, families and friends all coming together ensuring everyone has a great time!

#### **ART WITH GREEN LANE NURSERY CHILDREN**

WEDNESDAY 27TH FEBRUARY 10:30am

We'll be welcoming the children of Green Lane Nursery School as we do every week. Today, however, we are going to start a springtime art project. They will be working together with our (very excited) residents. Intergenerational activities mean that we can all learn from one another. It helps to break down barriers and reduce stereotyping in the future. It also helps to invigorate and energise the older adults which can only be a good thing!

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

### **DAILY KINESIS ONE GYM SESSIONS**

**EVERY DAY Morning or Afternoon**

The kinesis machine has proved very popular here at Haddon Hall. Physical exercise during older age strengthens the muscles, facilitates mobility and can help prevent injuries and falls. The gym is easily adaptable to individual physical needs and is simple to use for all abilities. Our aim is to encourage the residents at Haddon Hall to set their own exercise goals, so they can maintain their dignity and improve their independence.

### **CHINWAG CAFÉ**

**EVERY MONDAY 3:30pm**

On Monday afternoons everybody is welcome to join us in our coffee and chinwag sessions, held weekly in the leisure and wellness room. A great way to interact, get to know each other and reminisce. Staff and residents are encouraged to participate in everyday tasks such as making a cup of tea or washing up that enables them to engage in meaningful social interactions.

### **CHAIR BASED EXERCISE**

**EVERY TUESDAY 10:30am**

Exercise is an integral component in maintaining and improving our wellbeing. Our instructor Keith provides gentle exercises to music from the comfort of your own armchair, with clear guidance and explanations for each exercise. Everyone is welcome to join in the fun but please book in advance so that our instructors can adapt the session to suit your individual requirements. Light refreshments will be served after the session. Please note that the day for this activity is subject to change should any events or open days take place.

### **MINIBUS TRIPS**

**EVERY TUESDAY & FRIDAY 10:30am**

With our residents wants and needs in mind and with input from the residents and relative meetings, we plan our trips to various locations around the North West taking in interesting, educational and fun locations. On each trip, we incorporate a visit to a local pub or cafe for lunch which all the residents enjoy. If there is anywhere in particular that you might like to go, please let us know and we will endeavour to include it on our list of locations.

### **KNITTING CLUB**

**EVERY WEDNESDAY 10:00am**

Our Knit and Natter group is hosted by the U3A group and is a fabulous way for us to keep in touch with our local community. If you are new to knitting or a seasoned pro, a knitting group might be just what you have been looking for. Joining a knitting group can offer you help with a tricky pattern, help complete a lingering project, find new knitting project ideas and is a great way to make new friends with similar interests to yours. Why not come along and meet our residents for a knit and natter over a nice cup of tea?

### **HADDON HALL CARE HOME SHOP**

**EVERY WEDNESDAY 10:30am**

Our shop has proved to be very popular and as a result we now take the shop to our residents on a mobile trolley where residents, family and staff can purchase everyday items at reasonable prices.

## **GREEN LANE NURSERY, BUXTON**

**EVERY THURSDAY 10:30am**

Every Thursday morning, the children of Green Lane Nursery come and visit us to interact with the residents. We really enjoy their lively visits which we combine with activities like arts and crafts or gardening. Often the children will entertain us by singing and dancing, which is always popular with our residents.

## **VIRTUAL CYCLING CLASSES**

**EVERY THURSDAY 3:30pm**

Our low impact indoor cycling is proving extremely popular. This fabulous facility means that we can exercise and experience all the benefits of cycling, in the safety and comfort of our very own gym. Indoor cycling has many benefits. It improves our muscle strength, helps with balance, mobility, and increases our cardiovascular fitness. We have also added a large screen TV so that we can now take a virtual cycle ride through lush green forests or over sun kissed beaches with breathtaking sunsets.

## **QUIZ CLUB**

**EVERY FRIDAY 11:30am**

Get those brain cells buzzing as we exercise our minds with quizzes, brain training, IQ challenges and riddles. Learn some amazing facts and share your intellectual prowess with your friends and family. Everyone is welcome and light refreshments will be available after the session.

## **PRIZE BINGO**

**ALTERNATE SATURDAYS 10:30am**

Bingo has proven to be a very popular activity for our residents. It's a great way to socialise and new members are always encouraged! So please feel free to come and join in the fun, meet new people and win some prizes! Light refreshments will be available.

**Contact us today on 01298 600700 to find out more about these upcoming events and activities, or why not suggest an activity yourself!**