

EVENTS & ACTIVITIES

FEBRUARY 2019

PAMPER TASTER DAY

FRIDAY 1ST FEBRUARY 11:00–3:00pm

We will be hosting a pamper taster day, with reiki, reflexology, crystals therapy and Indian head massages on offer. Soul Mates will be coming in regularly to do pamper days but we thought we would kick it all off with a taster day. The treatments are all incredibly relaxing and the 10 minute taster sessions are £10 for 15 minutes. Soul Mates will be in again on 15th February from 11:00am–3:00pm offering the same treatments at £15 for 20mins. All are welcome to attend but booking is necessary.

SLOW YOGA

WEDS 6TH & 20TH FEBRUARY 2:30pm

We will be doing slow yoga which is always a popular event and well attended by residents. We hold this every other week due to popular demand.

ENCAUSTIC ART

THURSDAY 7TH FEBRUARY

We will be trying out encaustic art with Sally, which will involve the use of heated irons and melted wax to create some beautiful art pieces. A very simple yet relaxing art session.

TAI CHI

FRIDAY 8TH FEBRUARY 11:00am

We'll be trying seated Tai Chi, combining deep breathing and relaxation techniques with flowing movements. This form of exercise is proven to help to reduce stress, improve posture, balance and general mobility.

TALK BY NIGEL DAWSON

FRIDAY 15TH FEBRUARY 11:00am

Nigel will be coming in to talk about the 'Magical World of Musicals'. He always delivers entertaining speeches accompanied by music, video clips and slideshows on the subject he is addressing.

CARDS AND A CUPPA SESSION

WEDNESDAY 20TH FEBRUARY 11:00am

We will be having a 'Card and a Cuppa' session with Sara, making beautiful cards over a relaxing cuppa and a chat.

BARRY STEVENS

FRIDAY 22ND FEBRUARY From 3:00pm

We will be holding an afternoon tea dance with Barry Stevens entertaining us. All are welcome to attend.

Contact us today on 01372 239500 to find out more about these upcoming events and activities, or why not suggest an activity yourself!