



# EVENTS & ACTIVITIES

## JULY 2022

### **Pride Afternoon Tea**

FRIDAY 1ST JULY

To celebrate pride month we will spend the afternoon full of fun quizzes, afternoon tea and music in the bistro.

### **World Chocolate Day**

THURSDAY 7TH JULY 3.30pm

Come and enjoy a delicious chocolate fountain in the bistro, there will be plenty of goodies to dip into the fountain.

### **Barry Stevens**

FRIDAY 8TH JULY 3.00pm

Barry Stevens will entertain us with his wonderful singing in the bistro at 3.00pm.

### **Afternoon Tea**

WEDNESDAY 13TH JULY 2.00pm

Come and join us in the Willow lounge for a chat and a spot of afternoon tea.

### **Methodist Faith Service**

TUESDAY 19TH JULY 2.00pm

For all those who wish to attend the Methodist Faith Service it will be held in the Magnolia lounge at 2.00pm.

### **Barry Stevens**

FRIDAY 22ND JULY 3.00pm

Barry Stevens will entertain us with his wonderful singing in the bistro at 3.00pm.

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

### **Wake Up and Stretch and guided meditation classes**

THREE TIMES A WEEK 11.30am

A wonderful chance to do some gentle exercises and learn mindful meditation techniques. Come along on Monday's, Wednesday's and Friday's to enjoy the session.

## **Garden Club**

TUESDAYS AT 11.30am

Help get the garden ready for the gardening competition.

## **Catholic Services and Communion**

MONDAYS AND FRIDAYS 10.00am

## **Trips out and about**

TUESDAYS & THURSDAYS

We are hoping to include picnics and whole day out trips to places of interest and beauty.

## **Scrabble Club**

MONDAYS 3.00pm

Join us in the bistro to flex those minds with some healthy competition in Scrabble Club.

## **Garden Club**

THURSDAYS AT 2.00pm

Help get the garden ready for the gardening competition.

## **Salon**

FRIDAYS

Pampering and manicures are available from the visiting therapist from Soul Mates.

## **Quizzes and word games**

TUESDAYS & THURSDAYS 3.30pm

Join in the bistro for a mixture of wonderful activities being run throughout the month.

## **Flower arranging 2.30pm**

Flower arranging continues at 2.30pm every Monday in the bistro.

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