

EVENTS & ACTIVITIES

FEBRUARY 2019

CHINESE NEW YEAR CELEBRATION

TUESDAY 5TH FEBRUARY

Join us to celebrate Chinese New Year with delicious Chinese food and typical Chinese games.

VALENTINE'S DAY

THURSDAY 14TH FEBRUARY

Join us for our Valentine's Day celebration with music, homemade food and drinks! All welcome.

CHAIR PILATES WITH LORRAINE

THURSDAY 21ST FEBRUARY

Lorraine will be providing a relaxing and therapeutic chair-based Pilates session for the residents. The session will end with mindfulness which helps to calm both the mind and the body.

PET THERAPY

THURSDAY 28TH FEBRUARY

Our Pets as Therapy dog, Freddie, will be joining us to visit residents so they can interact with him for a few hours. Animal therapy is hugely beneficial to our residents and Freddie is guaranteed to put a smile on their faces because they enjoy seeing him so much.

Contact us today on 0808 164 2522 to find out more about these upcoming events and activities, or why not suggest an activity yourself!