



# EVENTS & ACTIVITIES

## May 2024

### **National Walking Month**

THROUGHOUT THE MONTH

### **Church service**

THURSDAY 2<sup>ND</sup> MAY at 11.30am

### **Alfresco afternoon tea**

FRIDAY 3<sup>RD</sup> MAY at 2.00pm

### **Nigel Dawson Talks**

TUESDAY 7<sup>TH</sup> MAY at 2.30pm

### **Live entertainment: London Children's Ballet**

SATURDAY 11<sup>TH</sup> MAY at 11.00am

### **Golfing Dreams**

TUESDAY 14<sup>TH</sup> MAY at 2.30pm

### **Exercise with Jo**

THURSDAY 16<sup>TH</sup> MAY at 11.30am

### **Cyclethon in aid of Dementia UK**

FRIDAY 17<sup>TH</sup> MAY

### **World Whiskey Day**

SATURDAY 18<sup>TH</sup> MAY at 3.00pm

## **World Bee Day**

MONDAY 20<sup>TH</sup> MAY

## **Baby Boppers**

WEDNESDAY 29<sup>TH</sup> MAY at 2.30pm

## **Rise with Debbie**

THURSDAY 30<sup>TH</sup> MAY at 11.30am

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

## **Chair-based exercises with Alison**

EVERY MONDAY at 10.30am in the Mariposa Suite

## **Quiz**

EVERY TUESDAY at 3.00pm

## **Gentleman's Club**

EVERY WEDNESDAY at 3.00pm

## **Flower arranging**

EVERY THURSDAY at 11.30am

## **Scrabble Club**

EVERY FRIDAY at 2.00pm

Contact us today on **020 3957 5200** to find out more about these upcoming events and activities, or why not suggest an activity yourself.

