

# EVENTS & ACTIVITIES

## MAY 2019

### **PROTECTING OUR NATIONS INTERESTS**

WEDNESDAY 8TH MAY 2:30pm

In times of conflict or peace, the Royal Navy is key to the prosperity of Britain and the stability of the high seas. Mike Gertry will be sharing his experiences of life as a Royal Marine Commando.

### **LIGHTS UP**

TUESDAY 14TH MAY 10:30am

Join us for the first session of our fortnightly dementia-friendly sociable group filled with creative, stimulating activities and plenty of laughter and fun.

### **TALES OF A HERO**

FRIDAY 17TH MAY 11:30am

Stephen Sebburn, gold medal winner at the Invictus Games in Sydney will be visiting the home to share his inspirational story first hand.

### **ANIMAL THERAPY VISIT**

FRIDAY 17TH MAY 2:30pm

We welcome two alpacas into the home giving residents and visitors a chance to get up close and personal with the inquisitive, charismatic and sometimes mischievous pair.

These events are in addition to our regular Leisure and Wellness activities. The weekly programme of activities is available from our Leisure and Wellness team. Contact us on 01608 698 100 to find out more about these upcoming events or to arrange a visit.