

EVENTS & ACTIVITIES

SEPTEMBER 2020

Fish and Chip Day

FRIDAY 4TH SEPTEMBER All Day

We will be celebrating the traditional British meal – fish and chips! We will be tucking into the nation's favourite meal in honour of the day.

White Chocolate Day

TUESDAY 22ND SEPTEMBER All Day

Everyone is partial to something sweet and on the 22nd, we will be reveling in everything related to white chocolate! We will be learning about how to make chocolate, how it can be consumed to benefit us and of course, we will be sampling it too!

Making Aromatherapy Creams, Hand Massage, Nail Painting

WEDNESDAY 23RD SEPTEMBER All Day

We love to be pampered here at Penhurst Gardens and we thought we'd try our hand at making some lotions and potions that could be used in one of our future pamper sessions. We'll be making aromatherapy creams from a range of ingredients and there will be the chance to also enjoy a relaxing hand massage and manicures.

Gin Evening with Canapes

TUESDAY 29TH SEPTEMBER 6:00pm

On Tuesday 29th, join us for our gin evening from 6pm where you will have the opportunity to sample a range of gins and enjoy a selection of homemade canapes.

Regular Activities:

Exercise and Ball Mobility or Dance

DAILY 10:30am

Every morning at 10.30am, we take our residents through some exercise routines using either an exercise ball or through dance which can be done as a seated class. We also help residents to formulate their own individual exercise programmes so they can meet the goals they set for themselves through fitness.

Garden Club

MONDAYS 11:15am

Despite the Garden Challenge drawing to a close, we will still be outside tending to our garden. Please join us if you would like some fresh air and to hone your horticultural skills.

Scrabble Club

MONDAYS 2:30pm

Our Scrabble Club can get very competitive but it's great fun and we have some brilliant players.

Flower Arranging

TUESDAYS 11:30am

Another one for the creative types amongst us! Join us as we continue to make floral displays which are perfect for brightening up our home using a range of seasonal flowers.

Prize Bingo

TUESDAYS 2:00pm

Come along and take part in our bingo game. We have some seasoned pros attending each week but come and have a go and see which of the fantastic prizes you could walk away with.

Afternoon Tea

TUESDAYS 3:00pm

Afternoon tea is a firm favourite here at Penhurst Gardens so please join us to enjoy a homemade selection of sandwiches and cakes either inside or out in our beautiful garden, weather permitting.

Arts and Crafts Club

WEDNESDAYS 2:00pm

Each week, we focus on a different craft creating beautiful items which can be made with loved ones in mind. If there's any craft you would like to try your hand at, please let us know and we'll do our best to accommodate your request.

Singing and Dancing with our Resident Keyboard Player, Michael

WEDNESDAYS 3:30pm

Michael entertains us on a weekly basis and we absolutely love to hear him play. Covering a range of classics, our residents love to sing and dance along to his performance each week.

Carpet Bowls

THURSDAYS 11:00am

Carpet bowls is a popular activity amongst our residents so come along and learn how to play or even join us as a spectator.

Cooking Club

FRIDAYS 11:00am

Our Friday cooking club has been a big hit with our residents who love to make something new each week. Let us know if there are any recipes you wish to try out and whether you have special dish you wish to recreate.

Our 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.