

EVENTS & ACTIVITIES

JANUARY 2021

Chair Exercise

EVERY MORNING 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.

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.

Scrabble Club

MONDAY 4TH, 18TH & 25TH JANUARY 2.00pm

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

Knit & Natter

TUESDAY 5TH, 12TH, 19TH & 26TH JANUARY 11.15am

Our Knit & Natter group is open to anyone wanting to come along and participate in one of our knitting projects or to just to have a chat over a cup of tea and a slice of cake.

Flower Arranging

WEDNESDAY 6TH, 20TH & 27TH JANUARY 11.15am

Using seasonal flowers, we create beautiful arrangements to display around the home or for residents rooms.

Residents Meeting

WEDNESDAY 13TH JANUARY

Join us for the first residents meeting of 2021 and let us know what you would like to see on the leisure and wellness programme for the New Year. We hope our minibus trips will resume shortly and it's a great way of gauging the likes and interests of our residents so we can ensure our activity schedule is tailored to everyone's needs.

Cinema

FRIDAY 8TH, 15TH, 22ND & 29TH JANUARY

Come to our cinema session and watch whatever takes your fancy. We have a huge range of DVD's for residents to watch or you could let us know of a film you'd like to see, and we will endeavour to source it for you. Of course, a trip to the 'cinema' always involves popcorn and sweet treats, so sit back, relax and tuck in.

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.