

EVENTS & ACTIVITIES

SEPTEMBER 2021

Church Services

THURSDAY 2ND & FRIDAY 10TH SEPTEMBER **10.45am**

Church Services with Judith and Martin will continue twice a month. Our residents are able to gather for the service in a comfortable setting in the first floor sitting room. Enjoy singing hymns with one of our local residents playing the keyboard.

Medieval Games for Residents / Sport Event / Exercise

TUESDAY 7TH & 21ST SEPTEMBER **10.45am**

Join us in the ground floor courtyard for medieval games! Try your hand at crossbow tournaments, catapult battles and jousting. Win the kingdom and a crown for the victors.

Sunrae Inclusive Dance with Lizzie

THURSDAY 9TH & 23RD SEPTEMBER **10.45am**

Lizzie will be returning to present an ever growing popular activity. Join us in the dining room for standing, seated and wheelchair dance opportunities to participate in; a fun way to stay fit and look good whilst you are doing it!

Story Telling and Writing Group

FRIDAY 10TH & 24TH SEPTEMBER **Afternoon**

With the forthcoming Chipping Norton Literary festival at the end of September, residents will be forming story telling groups to enjoy the best of fact and fiction. Our residents will be involved in recording their personal histories in multiple formats, evolving their own narratives to share in a group setting.

Outing to the Chipping Norton Theatre

SATURDAY 11TH & WEDNESDAY 29TH SEPTEMBER **7.30pm**

Our residents will have the opportunity to attend the Chipping Norton Theatre to see 'The Crimes of Egypt' on 11th September and 'Kathryn Tickell' on 29th September. This event will take place in accordance with restrictions and required guidelines at the time of the event.

Cooking with the Chef

TUESDAY 14TH & 28TH SEPTEMBER **11.00am**

Head Chef Paul will be cooking with residents in the garden and leisure and wellness room. Our residents will be preparing seasonal dishes with an opportunity to taste the fruits of their labours.

Intune Dance movement & Sun-Rae Dance School

SATURDAY 25TH SEPTEMBER

Penhurst Gardens will be showing dance performances in our courtyard for our residents. Intune will bring a number of their youngest stars, ages 6 and up, to enchant everyone with their dance skills. Sun Rae Dance will also bring along some inspiring wheelchair dance students as a highlight for our residents, a day of dance!

Autumn Harvest Dinner

END OF SEPTEMBER

At the end of September, a seasonal feast will be prepared by Chef Paul for our residents, including themed dishes to celebrate the Harvest. More details will follow later on in the month.

In addition to all these activities, we will also be holding regular groups such as:

Weekly Outings

MONDAYS & THURSDAYS 10.45am & 2.45pm

In September Residents will be visiting Museums of their choice, National Trust landmarks in the Cotswold's and local Castles and estates!

Wildlife Walking Club

TUESDAYS AND THURSDAYS IN SEPTEMBER 10.45am

As autumn sets in our residents will venture out on short local wildlife walks to spot indigenous flora and fauna in our national trust walking paths. Tea, coffee and picnic snacks will of course be packed as standard provisions in a bid to enjoy to smell of autumn along the way.

Gardening Club & Craft

EVERY WEDNESDAY IN SEPTEMBER 2.30pm

Making the most of the end of summer, residents will be preparing seasonal plants and evergreens for the turning of seasons. In a bid to help birds, insects and other wildlife prepare for autumn, food sanctuaries and other hibernation stations will be built. In the garden craft berry preserves and other pickles recipes will be prepared for the harvest dinner.

Arts and Craft Focus

EVERY FRIDAY MORNING IN SEPTEMBER 10.45am

A focus on heritage crafts including, book making and weaving will be explored in the forthcoming arts and craft groups with a little historical background on the subjects. No experience is necessary and the sessions have inclusive fun atmosphere with a no mistakes attitude.

Big Screen Sports in the Bistro

EVERY SATURDAY AFTERNOON IN SEPTEMBER From 2.00pm

Enjoy a beer or a glass of wine whilst enjoying your favorite sport highlights in the Bistro. We will be showing the Tokyo Paralympics, England cricket and the British Touring Car Championship.

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.