

EVENTS & ACTIVITIES

FEBRUARY 2019

AFTERNOON TEA

MONDAY 4TH FEBRUARY

Join us for afternoon tea and biscuits in our activities room or just come along for a chat with Sadie and Kelly! Adult colouring and games are available on request too.

RELAXATION SESSIONS

STARTING TUESDAY 5TH FEBRUARY 10:00am

We will be hosting relaxation sessions in the activities room. Come along and enjoy relaxing lights and music and a choice of nail treatments. On request, we can also make our way round the home to make sure your nails are looking beautiful.

VALENTINE'S DAY ARTS AND CRAFTS

WEDNESDAY 13TH FEBRUARY

Join us for an afternoon of arts and craft centred on Valentine's Day. We'll be card making for friends and families, painting and more.

HOLY TRINITY CHURCH SERVICE

TUESDAY 19TH FEBRUARY 2:00pm

Come and join us for our Holy Trinity church service hosted by a local church. They will perform their lovely service complete with hymns, bible readings and much more.

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

MINIBUS TRIPS

THURSDAYS Times vary

Join us as we venture to local beauty spots, museums, art galleries and much more! Keep an eye on our noticeboards for the latest trip or let us know if you have a destination in mind.

KEEP FIT WITH JULIA

FRIDAYS

Join Julia for her keep fit and singing class! Every Friday, Julia will be hosting her chair-based exercise class to stimulate the mind and body. Everyone is welcome to join in and sing along.

All this is happening as well as our regular groups. Contact us today on 01625 506 100 to find out more about these upcoming events and activities, or why not suggest an activity yourself!