

# EVENTS & ACTIVITIES

## JULY 2022

### **Steelman performance**

7TH JULY 2.00pm-3.00pm

We are looking forward to welcoming Julie, who will be giving us a steelman performance. Our residents always enjoy dancing to the beat!

### **Church of England Service**

9TH JULY 11.30pm-12.30pm

Led by Ernie, our residents are welcome to join a church of England service and communion.

### **World Chocolate Day**

7TH JULY 3.00pm-4.00pm

Our residents can look forward to a day full of chocolate! There will be a tasting competition led by our Leisure and Wellness Team.

### **Residents Meeting**

11TH JULY, 3.00pm-4.00pm

Our resident meetings are an opportunity for everyone to come together and discuss suggestions and improvements for our home.

### **The Hollywood Sign**

13TH JULY, 11.30am-12.30pm

We will be hosting a quiz full of our favourite Hollywood celebrities. Who will come out on top?

### **Summer BBQ**

31ST JULY, 12.30pm-2.00pm

Join us for our summer barbeque where we will be enjoying a garden party with delicious food and a mini concert!

**Throughout the month, we will also be hosting the following regular activities:**

### **G fitness with Matt**

EVERY THURSDAY 2.00pm

Come join Matt with his regular exercise sessions. Matt has taken his time to get to know our residents and focus on their individual needs. Get moving those muscles.

## **Art classes with Katharine**

**EVERY FRIDAY 2.00pm**

Join the wonderful Katharine in her engaging art classes. Flex those watercolour skills and pencil drawing. No matter anyone's ability, go and produce your master piece.

## **Individual exercise classes using Cubii Elliptical,**

**EVERY DAY**

Go visit the revamped gym and use the new Cubii elliptical machine that allows residents to get exercise in the comfort of their own chairs.

## **Library Service**

**EVERY SATURDAY 3.00pm - 4.00pm**

Our mini library on wheels will come around to provide books for all our residents.

## **Aromatherapy**

**EVERY FRIDAY 2.00pm - 3.00pm**

The Aromatherapy session available for all the residents to come and enjoy.

**Contact us today on 01242 505 560 to find out more about these upcoming events and activities, or why not suggest an activity yourself!**