



TONBRIDGE HOUSE

TONBRIDGE
A PORTHAVEN CARE HOME

EVENTS & ACTIVITIES

MARCH 2019

ST DAVID'S DAY

FRIDAY 1ST MARCH

We'll be celebrating St David's Day so come along and get involved in our festivities. The home will be filled with daffodils and we'll be sampling traditional Welsh food.

DEMENTIA CAFÉ AND KEEP FIT

FRIDAY 1ST MARCH

Come and join us at the Angel Centre for a lovely afternoon of fun, fitness and good company. Meet new people, play badminton, table tennis, enjoy some light exercises and a quiz followed by tea and coffee.

CIRCLE DANCE

MONDAY 4TH MARCH

Back by popular demand, Jane takes us all around the world with her circle dance and music. This session is great for fun and laughter and keeping fit in the process.

KEVIN WALSH

TUESDAY 5TH MARCH

Our favourite singer is back at Tonbridge House with his all-singing, all-dancing performance. Our residents love to join in with the tunes and whilst we party, we enjoy drinks and nibbles too.

PANCAKE DAY

TUESDAY 5TH MARCH

We can't miss out on Pancake Day so join us to sample our pancakes. How do you like yours? With syrup or just simple lemon and sugar?

MUSIC AND MOVEMENT

THURSDAY 7TH MARCH

Join in with our music and movement session in our Chartwell lounge. Get moving along to the beats during this very popular exercise session.

TONBRIDGE BINGO

MONDAY 11TH MARCH

At our residents' request, we play a lot of bingo and we play it the Tonbridge House way! It's always plenty of fun and we make sure there are prizes to be won. Join us for a great time and see who gets to take home the prize!

PITCH AND PUTT

MONDAY 18TH MARCH

Come along and play pitch and putt with us! Get your scores on the board, show off your putting skills and see if you can get a hole in one!

SCRABBLE CLUB

TUESDAY 26TH MARCH

Pit your wits against your opponents during this popular game. All welcome!

Contact us today on 01732 497500 to find out more about these upcoming events and activities, or why not suggest an activity yourself!