



**TONBRIDGE HOUSE**

TONBRIDGE  
A PORTHAVEN CARE HOME

# EVENTS & ACTIVITIES

## MAY 2022

### **May Day**

SUNDAY 1ST MAY

To celebrate May Day, our local preschool is joining our residents here at Tonbridge House for poetry readings.

### **VE Day**

SUNDAY 8TH MAY

We welcome back Jennie and Dean for another great show and tell session. Our chefs have created a wonderful VE Day inspired menu and of course there will be tea and cake in the afternoon.

### **World Cocktail Day**

FRIDAY 13TH MAY

Join us for cocktail making with a wide range of alcoholic and non-alcoholic cocktails.

### **Dementia Action Week**

16TH-22ND MAY

Come join us for a tea and coffee morning to help raise awareness for Dementia Action Week. Our home trainer will be giving a speech raising awareness and any information. Our brilliant chef will be making some delicious cakes to raise money for the charity Alzheimer's Society.

### **Chelsea Flower Show**

TUESDAY 24TH MAY

Join us to arrange some beautiful flower arrangements for our home with flower arranging in the morning, followed by some potting in the garden in the afternoon.

### **Opera Festival**

THURSDAY 26TH MAY

Join Harry Kersley for this wonderful Opera Festival with his wonderful opera singing.

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

### **Minibus outings**

MONDAYS & WEDNESDAYS

Come and explore the minibus outings, our residents get a choice on outings and activities they would like to visit and explore.

## Coffee mornings at St Stephens Church

EVERY FRIDAY 10.00am

View the wonderful St Stephens Church just across the street, just a short walk across to socialise with other members of the community. Come and enjoy the wonderful homemade cakes, tea and coffee.

## Chair-aerobics

TUESDAYS & FRIDAYS 11.00am

Enjoy gentle exercises that can be done from the comfort of your own chair. Sit up and move with the music, moving our bodies in every day movements to help keep things going.

## In-house prayer group

EVERY TUESDAY 11.00am

Join us with our home prayer group every Tuesday.

## Man shed

EVERY WEDNESDAY 2.30pm

Come and join the man shed for older men who want to get together, share and learn new skills, play cards and sample ales.

## Flora the PAT dog

EVERY FRIDAY 2.00pm

Get a visit from Flora the Pat Dog with cuddles and treats for all.

## Virtual church service

EVERY SUNDAY 10.30am

Join our local Christian Church as it hosts a weekly service every Sunday. Our residents gather afterwards in the bistro for a chat and coffee.

## Nail painting and care

EVERY THURSDAY 2.00pm

Ladies, join us to get their nails painted and looked after, it's a great way to get together with other floors and we all have a chat with tea and coffee.

## Tea and coffee mornings

EVERY MONDAY 11.00am

Join other residents to socialise whilst enjoying the wonderful tea, coffee and cake.

## Garden Club

EVERY THURSDAY 2.00pm

Come join us in the garden to potter about and catch some much needed sunshine. It is a chance to continue the garden challenge.

## **Creative crafts workshop**

FORTNIGHTLY

Get those creative juices running and get crafty with art projects. Some weeks we follow a theme, other times we enjoy having some creative freedom.

## **Big team games**

MONTHLY

We all get together in the home and play games such as the giant word wheel, big crosswords and game shows. It's a brilliant way of encouraging some healthy competition whilst getting those brain cells buzzing!

## **Sensory adventure and hand spa**

WEEKLY

In this activity, the room is set with beautiful scents and decorated with art and music from Louie Schwartzberg. The leisure and wellness team then gently massage our residents' hands, encouraging a calm and relaxing environment.

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