

EVENTS & ACTIVITIES

JANUARY 2019

HOLY COMMUNION

TUESDAY 8TH JANUARY 11:00am

Denise from Christ Church visits the home to give Holy Communion once a month, for those who wish to receive it. The service also provides a quiet, peaceful place for those with different beliefs who wish to join in with the prayers.

WINTER SPARKLE TEA DANCE

THURSDAY 17TH JANUARY 2:30pm

Residents are looking forward to a wonderfully wintry display when we'll be joining in with some ballroom dancing with a local group called the Modern Sequence Dancers.

CHRIST CHURCH

SUNDAY 20TH JANUARY 2:30pm

On the third Sunday of every month, we are lucky to have a group from our local church visit to give a short service for our residents. The service is usually adapted from the service delivered at the local church and Friends of Christ Church often join the residents afterwards for tea and biscuits.

CYBER TUESDAY

TUESDAYS 22ND & 29TH JANUARY 3:30pm

Wiltshire Heights' residents will be able to contact friends and family via Facetime, email and Skype with the help of a local group of senior school girls called the Mighty Women.

EMMA'S HORTICULTURAL THERAPY SESSION

THURSDAY 24TH JANUARY 11:00am

We're delighted to be joined by Emma once again for a horticultural therapy session, working with plants indoors. Come along and show off your horticultural prowess!

BURNS NIGHT

SATURDAY 26TH JANUARY 3:00pm

Wiltshire Heights will be celebrating a traditional Burns Night with traditional Scottish entertainment.

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

MORNING EXERCISES FOLLOWED BY WORD GAMES

EVERY MORNING 11:00am

Every morning, we go through a variety of chair based flexibility exercises or stretches used to aid and enhance joints and bodily movements. The exercise sessions are followed by social interaction and then word games, including crosswords, anagrams and word searches.

PETS AS THERAPY DOG VISITS: ALFIE & SAPHIE

EVERY MONDAY & TUESDAY 2:00pm

On Mondays, Alfie attends with his owner Sally to spend time with our residents on a one to one basis, giving them the opportunity to develop a special bond with him and give him lots of attention! On Tuesdays, we have a friendly furry visit from Saphie and her owner, Melanie. Saphie is a four year old black cockapoo who loves the attention and the treats she gets from our residents.

RECEPTION CLASS - FITZMAURICE PRIMARY SCHOOL

TUESDAY 15TH, 22ND & 29TH JANUARY 10:30am

Working with the local school in an intergenerational project means residents will be going along to the school to engage with the youngest school pupils - the reception class. Residents will be interacting with Mind Harp, a fun new musical application on iPad as well as reading to the children. The older children will be visiting Wiltshire Heights to achieve accreditation for their poetry skills, which is now part of their curriculum.

Don't forget our other regular, daily and weekly activities which include photography club, art class, flower arranging, book club, singing, gentlemen's club, and 'knit and natter'. Contact us today on 01225 435 600 to find out more about these upcoming events and activities, or why not suggest an activity yourself!