

EVENTS & ACTIVITIES

JULY 2022

Music Appreciation

MONDAY 4TH JULY - MONDAY 18TH JULY **3.15pm**

This extremely popular activity allows our residents to bring along their favourite music to share with fellow community members. These sessions are so popular, that our residents have requested that we run it twice a week.

Aromatherapy hand massage

THURSDAY 14TH JULY **3.00pm**

This relaxing sensory experience is led in a calm and comforting surrounding. It is a wonderful opportunity for our residents to take some time out of their day-to-day activities.

Opera Afternoon

TUESDAY 19TH JULY AT **2.45pm**

This activity is back after popular demand! Enjoy an afternoon of opera and put in any requests.

Wiltshire Heights Berryfield Arms Pub

THURSDAY 21ST JULY, **6.00pm**

Our residents always look forward to our non-alcoholic pub after supper.

Book Club

SATURDAY 23RD JULY AT **3.15pm**

Come along and get involved with our current read! Requests can be made and we can purchase and add to the Wiltshire Heights Library.

Commonwealth Games

TUESDAY 26TH JULY AT **2.45pm**

To mark the beginning of the Commonwealth Games, we will be hosting an afternoon of sports in the garden.

Milkshake and Music

FRIDAY 29TH JULY, **3.00pm**

We will be hosting a rock and roll inspired afternoon with a pop-up milkshake bar. This will be a great way to finish a busy month.

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

Exercise routine

EVERY MORNING 11.15am

Each morning, we work through a routine of chair-based flexibility exercises. Following this, we relax with a poetry reading and then our residents enjoy taking part in a competitive indoor sport. This could be anything from netball, carpet bowls, skittles, quoits or even bullseye. Those who are triumphant win the specially produced trophy as 'champion of the week'.

Scrabble Club with Jane

EVERY WEDNESDAY 3.00pm

Exercise your word power with our regular Scrabble Club. Join us and enjoy a cup of tea whilst we exercise some healthy competition.

Residents meeting

LAST WEDNESDAY OF EVERY MONTH 3.00pm

This meeting is an opportunity to discuss the leisure and wellness programme both past, present and future. Tell us what you wish to see on the schedule.

Porthaven Garden Challenge

EVERY TUESDAY AFTERNOON 2.30pm

Have a potter around the garden for the great Porthaven Garden Challenge. Any green fingered residents are welcomed to help around the garden and greenhouse.

Contact us today on 01225 435 600 to find out more about these upcoming events and activities, or why not suggest an activity yourself!