

# EVENTS & ACTIVITIES

## May 2024

### **World Asthma Day**

TUESDAY 7<sup>TH</sup> MAY

### **International Nurses Day**

SUNDAY 12<sup>TH</sup> MAY

### **Dementia Action Week**

MONDAY 13<sup>TH</sup> TO SUNDAY 19<sup>TH</sup> MAY

### **Holy Communion**

TUESDAY 14<sup>TH</sup> MAY

### **Author visit: Muriel Freeborn**

WEDNESDAY 15<sup>TH</sup> MAY

### **International Museum Day**

SATURDAY 18<sup>TH</sup> MAY

### **Tropical Discovery Workshop**

FRIDAY 24<sup>TH</sup> MAY

### **African Heritage Day**

SATURDAY 25<sup>TH</sup> MAY

### **Live music: tenor Gregory**

TUESDAY 28<sup>TH</sup> MAY

### **Activities and Wellbeing residents meeting**

WEDNESDAY 29<sup>TH</sup> MAY at 3.00pm

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

### **Gentle exercise session**

EVERY WEEKDAY MORNING at 11.15am

### **Scrabble Club**

EVERY MONDAY at 3.00pm

EVERY TUESDAY in the morning

## **Hairdresser**

EVERY MONDAY AND TUESDAY

## **Minibus outings**

TWICE A WEEK

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