

# EVENTS & ACTIVITIES

## February 2025

### **Singing with Shaun**

MONDAY 3<sup>RD</sup> FEBRUARY at 2.30pm

### **Seated dance exercise**

WEDNESDAY 5<sup>TH</sup> FEBRUARY at 3.00pm

### **Haydon Abbey Book Club**

FRIDAY 7<sup>TH</sup> FEBRUARY at 1.30pm

### **Respite reunion**

FRIDAY 7<sup>TH</sup> FEBRUARY at 2.00pm

### **Zumba with Mareda**

TUESDAY 11<sup>TH</sup> FEBRUARY at 2.00pm

### **Valentine's Day celebration**

FRIDAY 14<sup>TH</sup> FEBRUARY from 1.30pm to 3.00pm

### **Live music: KelBilly Stomp**

TUESDAY 18<sup>TH</sup> FEBRUARY at 11.00am

### **Lunch Club**

THURSDAY 20<sup>TH</sup> FEBRUARY at 11.00am

### **NHS Digital Café**

MONDAY 24<sup>TH</sup> FEBRUARY at 11.00am

### **Singing for the brain**

WEDNESDAY 26<sup>TH</sup> FEBRUARY at 10.30am

### **Blue light breakfast**

THURSDAY 27<sup>TH</sup> FEBRUARY at 8.00am

### **Watercolour painting**

THURSDAY 27<sup>TH</sup> FEBRUARY at 2.00pm

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

**Wellness Wednesdays**

EVERY WEDNESDAY

**Karaoke**

EVERY FRIDAY

**Sunday social**

EVERY SUNDAY

**Arts and crafts**

ONCE A WEEK

**Minibus trips**

ONCE/TWICE A WEEK

**Exercise Class**

ONCE/TWICE A WEEK

Contact us today on **01296 438000** to find out more about these upcoming events and activities, or why not suggest an activity yourself?

