



EVENTS & ACTIVITIES

February 2025

Chair based exercise with Rise Life

TUESDAY 11TH FEBRUARY at 2.30pm

Brain and body class

THURSDAY 20TH FEBRUARY at 10.15am

Tea at church

FRIDAY 21ST FEBRUARY at 3.00pm

Therapy dog visit

FRIDAY 28TH FEBRUARY at 11.00am

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

Book Club

EVERY TUESDAY at 10.30am

Armchair travel

EVERY FRIDAY at 11.00am

Armchair exercise

TWICE A WEEK

Arts and crafts

ONCE A WEEK

Quiz

ONCE A WEEK

Contact us today on **01727 223600** to find out more about these upcoming events and activities, or why not suggest an activity yourself?

