



# EVENTS & ACTIVITIES

## March 2025

### **Pancake Day**

TUESDAY 4<sup>TH</sup> MARCH

### **Clare – sing from the heart**

THURSDAY 6<sup>TH</sup> MARCH at 11.00am

### **Rise Life**

FRIDAY 7<sup>TH</sup> MARCH at 3.00pm

### **Riaz, chair yoga and sound relaxation**

WEDNESDAY 12<sup>TH</sup> MARCH at 10.30am

### **Performing Pets**

MONDAY 17<sup>TH</sup> MARCH at 2.00pm

### **David Keen – historian**

TUESDAY 25<sup>TH</sup> MARCH at 11.00am

### **Gemini Fashion**

SATURDAY 29<sup>TH</sup> MARCH at 10.30am

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?