LEA GRANGE
HARPENDEN
A PORTHAVEN CARE HOME

EVENTS & ACTIVITIES

November 2026

Head and hand massages with Nehera
WEDNESDAY 4TH NOVEMBER **from 2.00pm**

Visit from therapy dog Casper and owner Sylvia
FRIDAY 6TH NOVEMBER **from 11.00am**

Remembrance Sunday Service
SUNDAY 8TH NOVEMBER

Methodist Church Service
MONDAY 9TH NOVEMBER

Children in Need
MONDAY 16TH NOVEMBER **from 2.00pm**

Chair yoga with Riaz
WEDNESDAY 18TH NOVEMBER **from 2.30pm**

International Men's Day
THURSDAY 19TH NOVEMBER

Brain and Body Gym Class
TUESDAY 24TH NOVEMBER **from 11.00am**

Cheese and wine tasting
WEDNESDAY 25TH NOVEMBER

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

Flower arranging
EVERY MONDAY

Anna Chaplain visits
EVERY WEDNESDAY

Table tennis coaching by Adam Sharp
EVERY THURSDAY

Church service livestream
EVERY SUNDAY

Seated exercise
TWICE A WEEK

Armchair travel
ONCE A WEEK

Quiz
ONCE A WEEK

Knit and Natter
ONCE A WEEK

Art Club
EVERY TWO WEEKS

Cooking Club
EVERY TWO WEEKS

Prize Bingo
ONCE A MONTH

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

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