

August Activities



Garden Suite Activities include:

Music based activities, Crosswords and puzzles, Active games, Reading, Arts & Crafts, Sensory activities, Hand massage, Hand nail/ hand pamper, Low intensity exercises.

Date	Morning (AM)	Afternoon (PM)
Monday 3rd	"Fun in the Sun" with Garden Games – Basket Ball/ Boules/ Badminton	Coffee Afternoon in the Tudor Room – Reviewing Papers – Chat with Fran
Tuesday 4th	Stretton Sing – A – Long	Show & Tell with some of our lovely Staff in the Tudor Room
Wednesday 5th	"Best" Bingo – Win a prize!	"Best" Bingo – Win a prize!
Thursday 6th	Have your cake and eat it! Delicious cake making with help of our catering team	"Gentlemen Prefer.." Stretton's Gents Only Social – Tudor Room
Friday 7th	Stretton Shop & Social in Poppies	"Movers & Shakers" Exercise in the Tudor Room
Monday 10th	Gardening Club – tending to our lovely garden	Garden Walks and a Cuppa in the great outdoors
Tuesday 11th	Art Therapy for relaxation	Just John Sing – A – Long via Skype in the Library at 2:30PM
Wednesday 12th	Wordsmiths	Book Club – Join Emily in the library for some short stories and poetry
Thursday 13th	Boogie Morning- the best way to exercise!	Spa Stretton – Nails/ Hand massage
Friday 14th	Stretton Shop & Social in Poppies at 11am	Ice Cream Trolley and Games in the Garden
Monday 17th	"Movers & Shakers" Exercise	Sing – A – Long with Corbrook Park at 2:15 in the Library
Tuesday 18th	Gardening Club	Garden Walks and a Cuppa
Wednesday 19th	Art Therapy for relaxation	World Photography Day – Pictures from around the worlds
Thursday 20th	Ball Games Galore	Seated Exercise Class outside weather permitting!
Friday 21st	Stretton Shop & Social in Poppies at 11am	Garden Walks
Monday 24th	Coffee Morning in the Tudor Room – Reviewing Papers	Men's social – Inaugural meeting
Tuesday 25th	Parachute Fun	Church Service – Link up with our Minister at 2:15 in the Library
Wednesday 26th	Spa Stretton – Nails and Hand massages	Tai Chi for relaxation in the Tudor Room
Thursday 27th	Puzzle Masters	Jukebox and a Tipple in the Library
Friday 28th		Poetry Corner in the Lounge
Monday 31st	August Bank Holiday	August Bank Holiday

All these are subject to change

Please Note

Different Activities are offered to Residents in the morning. We evaluate mood and atmosphere of Garden Suite but primarily the Residents' choice of activity will determine what takes place in the morning. Garden Suite Residents are ALWAYS offered and encouraged to join in with the afternoon set activity. Any Residents who want to join in with the afternoon activity will be assisted to the Tudor room by a member of staff. Afternoon Activities tend to start around 2 – 2:15PM

Don't forget Fire Test – 11am every Wednesday