

September 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)
Tuesday 1st	Art Therapy	Movie Afternoon in the Library with some sweet treats
Wednesday 2nd	Ball Games & Light Exercise	Tai Chi Class in Poppies Lounge
Thursday 3rd	Wordsmiths	Afternoon Tea Outside
Friday 4th	Stretton Sing-a-long	Stretton Jukebox and a Tipple in Tudor Room
Monday 7th	Garden Games – Target Practice, Boules, Badminton	The Great Outdoors! Boules, Croquet, Badminton and Basket Ball
Tuesday 8th	Stretton Spa – Hand Massages and nails done	Quizmasters in the Tudor Room
Wednesday 9th	Gardening Club!	Flower arranging class
Thursday 10th	Cupcake decorating	Ice-creams in the Garden
Friday 11th	Painting and Puzzles	Stretton Spa – get your nails done in the Tudor room
Monday 14th	Best Bingo & Claim your prize	Gentle Stretching & Tai Chi
Tuesday 15th	Garden Walks and a Cuppa	Hydration Station – Fruit Juices, Scrummy Smoothies & a Chat
Wednesday 16th	Colouring Competition	Ladies after Lunch in Poppies Lounge – Chat/ Knit/ Puzzles/
Thursday 17th	Boogie Morning & gentle exercise	Afternoon Tea in Poppies
Friday 18th	Wordsmiths	Reminiscing – Roll down memory lane, a day on the train
Monday 21st	Gardening Club!	History Class – Lake Vyrnwy
Tuesday 22nd	Scarf Dance – gentle movements	Garden Walks & a Cuppa
Wednesday 23rd	Paint and Puzzles	Stretton Spa – Hand and nail treatments
Thursday 24th	Ball games galore	Wordsmiths
Friday 25th	Stretton Spa – Hand and nail treatments	Scarf Dance – gentle movements
Monday 28th	Wordsmiths	Movers and Shakers in the Tudor Room
Tuesday 27th	Movers & Shakers – Gentle exercise	Church Service with Gillian
Wednesday 30th	Art Therapy	Wine & Cheese Afternoon

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

Which classic story do I belong to? Find the answer in the wordsearch



Don't forget Fire Test - 11am every Wednesday