

# Monthly Activities at Springvale Court

# Join us for our events throughout May

## **Kev The Care Home Singer**

Wednesday 1st May 10.30am

A non-stop fun morning with Kev entertaining us with songs from the 50s, 60s & 70s!

Sing-a-long John

Monday 6<sup>th</sup> May 11am

Fun & interactive music therapy with the amazing John for our lovely residents.

**VE Day** 

Wednesday 8th May

VE Day marked the end of fighting in Europe towards the end of World War II so we will be taking a look back at how WW2 came to an end.

## Celebrating 200 Years Of Cadbury's Chocolate

Tuesday 14th May 14.30pm

An exciting live virtual event with chocolate giant Cadbury to hear about their incredible 200-year history.

## **National Vegetarian Week**

Monday 20<sup>th</sup> May

. National Vegetarian Week is a fantastic opportunity to celebrate plant-based living and explore delicious meat-free options.

#### **National Biscuit Day**

**Monday 27th May** 

A day that biscuit lovers eagerly anticipate, as we gather to celebrate one of the nation's most beloved treats.

#### Barchester's Bingo Bonanza

Tuesday 28th May 14.30pm

Join us for an interactive and virtual game of Bingo, compete in our own home and against Barchester homes and hospitals around the country!

## Senior Health & Fitness Day

Wednesday 29th May

We will be taking part in small intervals of exercise throughout the day and recognising how we can stay healthier as we age.

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