

# May Activities At Hilderstone Hall



Here are the events and activities going on this month!

## **4<sup>th</sup> May – Star Wars Day**

May the force be with you?  
Join in having SPACEtacular day at Hilderstone.

## **6<sup>th</sup> May – International Nurses Week**

Coming together to create a very special thank you to all our Nurses at the Royal Stoke and beyond.

## **7<sup>th</sup> May – Buddhist Sacred Day.**

Join us for a relaxing meditation evening, this will help you connect with all your inner senses and calm the mind using Buddhist traditions.

## **10<sup>th</sup> May – Mental Health Awareness Day**

Helping spread awareness of the importance of Mental Health, within all ages.  
Enjoying activities, local talks and also connecting with a local school  
For a virtual Time to chat afternoon, sharing experiences and advice on dealing with our Mental Health in a space place.

## **15<sup>th</sup> May – FA CUP Final**

Celebrating with a relaxed afternoon watching the FA Cup final,  
Betting on the winning team while enjoying drink of choice and Nibbles.

## **17<sup>th</sup> May – Dementia Awareness Week**

Starting our Dementia Awareness week off with a sensory garden experience.

## **20<sup>th</sup> May – World Bee Day**

Celebrating the importance of Bee's, within dressing in yellow and enjoying Factual talks, activities and bee keeping.

## **23<sup>rd</sup> May – Turtle Day**

Learning the importance of our oceans and the affects our Rubbish has on our Sea life, along with creating our own rock turtles.

## **26<sup>th</sup> May – Senior Health and Fitness Day**

Hilderstone Hall Sports day  
Join us for day of gentle health and fitness activities.

## **29<sup>th</sup> May – Biscuit Day**

Creating and enjoying our own Biscuits along with learning about the history and Local produce of biscuits in 2021.

Regular Exercise Class every day at 11.30am.

Regular quizzes, games, arts & crafts.

Join us for our weekly coffee morning, every Tuesday from 10:30am