**Here are some of the events and activities going on this month!**

**Sunday 4th - Star Wars Theme Day**

May the fourth be with you! 4th May is considered a day for *Star Wars* fans to celebrate *Star Wars* culture, books and honour the films so why not join us 1st floor dining room for our *Star Wars* themed day as we take you on an adventure!

**Monday 5th - Cinco De Mayo Theme Day**

From 2.30 pm, join us for our Mexican themed party with mariachi music, food tasting and armchair travels to the city, 1st floor dining room.

**Nurses’ Week, 6th May-12th May**

We will be recognising our nurses who continue to Inspire, Innovate and Influence and the mark their contribution to society.

**Tuesday 11th May – Mental Health Awareness Week**

To celebrate Mental Health Awareness week, we will be treated to a virtual exercise session with the **Green Goddess** on 11 May from 11.30 am, presented through Shackletons Furniture Company, who will kindly give a talk on mindfulness and the importance of mental health.

2.00 pm – **Vegetarian for Life** will be providing a live cooking demonstration with the homes chef participation as we take a look at health and wellbeing.

**Tuesday 18th – V&A Dundee Virtual Talk**

Join us for a Live Talk from V&A Dundee - Ocean Liners: Speed and Style

**Friday 21st - International Tea Day**

Let’s celebrate our favourite cuppa with a sensory experience as we enjoy ‘tea tasting’ from 2.30 pm in the ground floor dining room, from Earl Grey, Darjeeling, and Green to Camomile!

**Monday 24th - BAFTA Television Awards**

The British Academy Television Awards are presented in an annual award show hosted by the [British Academy of Film and Television Arts](https://en.wikipedia.org/wiki/British_Academy_of_Film_and_Television_Arts) (BAFTA). Let’s watch and see who the winners are this year!

**Tuesday 25th – Flowers with Blooming Haus**

Join us for a Live Talk and Flower Demonstration with our Spring Competition from Blooming Haus and show our creative side with creating floral displays for the home.

**Wednesday 26th - Senior Health & Fitness Day**

Let’s keep fit together for a gentle armchair aerobics and exercise session, 1st floor dining room

**Thursday 29th - National Biscuit Day**

We’re taking a look at some of the nation’s favourite biscuits – and some of those from around the world. So, which is the best biscuit? It’s a debate that rages on in homes up and down the country.

**Regular activities include Quizzes, games, cookery masterclasses, arts & crafts, flower arranging, knit and natter, Virtual Church Services, Coffee Mornings, Afternoon Teas, Virtual musical entertainment and much more!**

**Contact Balclutha Court Activities on 01475 729 000**

May Activities

at Balclutha Court