**Thursday 2nd September**

**Live entertainment with Nigel heap from 2.30pm**

Join us in the lower dining room

**Monday 6th September**

**Read a Book day** – Join us in the quiet lounge at 2pm

 Refreshments including Tea / coffee homemade cakes

**Thursday 9th September**

**Live event – Last night at the proms – English national ballet**

2.00Pm in our memory Lane Lounge

**Monday 13th September**

**Roald Dahl Day – Cinema evening showing (Matilda) at 6.00pm**

Join us in our Memory Lane Lounge including popcorn & refreshments

**Monday 20th September**

**Balance awareness week**

Join us for our exercise session and games to improve balance with mark at 2.00pm in our Memory lane Lounge

**Tuesday 21st September**

**Live virtual event – Wine tasting session with Christophe**

Join us in our Memory Lane Lounge from 2.00pm

**Friday 24th September**

**Macmillan Coffee Morning from 11.00am**

Join us in our quiet lounge for a selection of delicious homemade cakes and refreshments

All donations to Macmillan

**Wednesday 29th September**

**Quiz Night from 6.00pm**

Join us in the quiet lounge for our Big Quiz Night with savoury nibbles and tipple of your choice

**Regular activities include music & Reminiscence quiz’s’ arts & crafts, flower arranging**

 **Knit and natter, Prize Bingo, Coffee Mornings, Afternoon Tea, Virtual musical entertainment and much more!**

**Contact Meadowbeck Activities on 01904 424 244**

September Activities

At Meadowbeck

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