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

**Contact North Park Activities**

September Activities

At North Park

**Thursday 9th**

Coffee Morning in reception lounge 10.30

All welcome

**Thursday 16th**

We will be hosting a Mexican themed party to recognise Mexican Independence Day with Mexican styled food, drink and piñata’s

Please meet in reception lounge 2.30pm

All welcome

**Friday 17th**

Our own Mr Motivator, JG Fit will be joining us for armchair exercises in reception lounge at 3pm.

All welcome

**Thursday 23rd**

The Legends show with Musical Memories 3pm in reception lounge

All welcome

**Friday 24th**

Macmillan Coffee Morning from 10.30 in reception lounge

All welcome

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