February Activities at Lochduhar Care Home 2022

 **Tuesday 1st February**

**Chinese New Year!**

Celebrate with a delicious stir fry and some fortune cookies.

Followed by an activity book from oomph on demand. All Floors.

**Wednesday 2nd February**

**World Wetland Day!**

**T**rip out on our mini bus along the coast line to see what animal species we can see.

**Friday 4th February**

**Welsh Language Music Day!**

Let’s listen to some welsh singers. Tom Jones and Shirley Bassey.

First Floor.

 **Wednesday 9th February**

 **Vegetarian for life - Live Event!**

 This will be held on the First Floor.

 Our Head Chef will prepare a vegetarian meal for lunch. All Floors.

**Monday 14th February**

**Valentine’s Day!**

Let’s get baking, heart shaped cakes. Memory Lane.

**Monday 21st February**

**Real Bread Week continued!**

Our Chef will provide different types of bread with a starter of soup during the week.

**Monday 28th February**

**National Hot Chocolate Day!**

Take a visit to our gardens to see the new spring bulbs sprouting, then indoors for a delicious hot chocolate with marshmallows. All Floors.

**Regular activities and events.**

**Hairdressers / Special notes / Happy Birthdays / Namaste**

 **February also marks LGBT History Month.**

**Contact Lochduhar Activities on 01387 256 524**

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