**Tuesday, 5th**

 **Coffee morning**

 Join us for a selection of delicious cakes in our café lounge from 10.30am

With fun puzzles, quizzes & Activity books using oomph wellbeing

**Tuesday, 5th**

**Musical Moments 3pm**

Join us in the lower dining room for this fun packed interactive music session with Maggie

 Using sensory props to sing along musical favourites

**Thursday, 7th**

**Celebrating World Chocolate day**

A variety of activities throughout the day all around chocolate including a fun taster session, quizzes and lots of sweet treats on offer

**Thursday, 7th**

**Chair based exercise session to music**

Join us with Mark in the lower dining room from 2.30pm to keep fit followed with fun active games

**Saturday, 9th**

**Open day 10 – 4pm**

Come along for a tour of our friendly home and meet our manager and team

Refreshments available with a selection of delicious home baked pastries and cakes

**Tuesday, 12th**

**National Simplicity day 10 -4pm**

Today we will be focusing on ourselves with various activities including a nature walk, relaxing in the garden with a good book, pamper with a gentle hand massage, relaxation sessions using our Magic table and music therapy

**Saturday, 16th**

**Gin tasting evening 6-7.30pm**

Join us in the garden and try some finest Gin’s and flavours with tasty nibbles

**Wednesday, 20th**

**World Chess day**

Why not join us for a game of chess or various puzzles

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

 **Knit and natter, Prize Bingo, Coffee Mornings, Afternoon Tea, Cheese & wine evenings Virtual musical entertainment, Live virtual events & talks and much more!**

**Contact Meadowbeck Activities on 01904 424 244**

July Activities

At Meadowbeck

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