**Shopping trip   
Tuesday 5th September - 10.30am Designer outlet** Peruse the stores, find those essentials and make a coffee shop stop.

**Dementia Café  
Wednesday 6th September – 10.30am Memory Lane**Join us in a social celebration as we support those living with dementia.

Have fun with interactive games, enjoy cakes and beverages.

**Last Night of the prom  
Saturday 9th September –** **7pm GF Lounge**Celebration of classical music following the prom on the BBC

with wine and cheese.

**U-sit fit with Mark  
Tuesday 12th September – 3pm GF Dining**

Join us for an invigorating exercise session and let's work together

towards a healthier and fitter lifestyle!

**Knit and Natter  
Wednesday 13th September – 10am -12 Foyer**

The launch of our first nit and natter group,

enjoy lovely company while we nit!

**Self-care workshop to celebrate Alzheimer’s Day   
Tuesday 19th September – 2pm GF Lounge**Learn skills to help balance your energy, muscles and

emotions with June Tranmer.

**The World's Biggest Coffee Morning - Macmillan Cancer support  
Friday 29th September – 10am-12.00 Foyer**Join us to raise money for the 3 million people in the UK living with cancer.

**Ouse View Care Home**, 1 Fordlands Road, Fulford, York, YO19 4QT

**01904 615 110 • https://www.barchester.com/home/ouse-view-care-home**

Join us for our events throughout September

Monthly Activities at   
Ouse View