

# March Activities at The Dales

## Join us for our events throughout March

## Monday 4<sup>th</sup>

#### **Music for Health**

From 3.15pm on the Clifford lounge we will be listening to music, playing mini musical instruments, singing and winning a music quiz with Richard.

## Tuesday 12th

#### Mini Bus Excursion

A trip to local towns or villages for residents to enjoy seeing new and old places.

## Tuesday 12<sup>th</sup>

## U sit U Exercise

Exercise with Mark on Clifford, using different tools and movements from 3.15pm

## Thursday 14<sup>th</sup>

## The Dales Crufts

This week is The Dales Crufts, we have invited residents' family and local community to come and show of their beautiful dogs. Residents will be scoring the dogs and prizes will be given to the dogs with the highest score!

## Friday 15<sup>th</sup>

## **Comic Relief**

With Comic Relief we will be wearing our red noses while baking, decorating and raising money for the fabulous Red Nose Day from 10.30am

## Sunday 17<sup>th</sup>

## St Patrick's Day

Starting at 2.00pm we will be creating and making our own Lucky Clover Brooches and planting some shamrocks for our lucky garden.

## Tuesday 26<sup>th</sup>

## **Mini Bus Excursion**

A trip to local towns or villages for residents to enjoy seeing new and old places.

Our events are free of charge, but please book your place by calling 01756 710291

The Dales Care Home, Draughton, Skipton. BD23 6DU 01756 710 291 • www.barchester.com/home/dales-car-home