

### Monthly Activities at Overslade House

### Join us for our events throughout March 2024

# Monday 4th March 2.00pm Residents, Family and Friends Meeting

We would like you to have your say and welcome any ideas you may have please join us in the Webb Ell Suite

# Tuesday 5th March 12.45pm Join us for our Dementia Cafe

us in our Webb Ellis Suite for afternoon tea with talks and videos about Dementia. Our Dementia Champions will be on hand to answer any questions you may have.

# Thursday 7th March 2.30pm International Women's Day

Join us to celebrate International Women's Day with tour guide Mandy Morrow, who will be taking us around London virtually and 'introducing' us to some amazing women who lived and worked in London and have awe-inspiring legacies!

#### Friday 8th March from 1.30pm Mother's Day Pamper Sessions

Why not book a pamper session for your mother for Mother's Day we offer hand and head massage And also nail painting either in the comfort of your room or in our Namaste room

# Monday 11th March 2.45pm Indian/Bollywood dancing for the start of Ramadan

Ramadan is a holy, sacred time focused on worship, prayer, fasting and studying the Qur'an. Fasting, one of the Five Pillars of Islam, is a requirement during the month of Ramadan, with Muslims abstaining from food and water from sunrise to sundown.

# Monday 18th March 2.15pm St Patrick's Day Celebrations

Join us for live entertainment with Bob Oakley playing Irish and Country music

#### Tuesday 19th March 2.30pm Barchester Beat the Clock

Join us and other Barchester homes for this fun virtual gameshow.

## Thursday 28th March 11.00am Easter Service

Join us for an Easter Service conducted by Gifts of Years there will be prayers and hymns played by Angela Youngman

Overslade House Care Home, 12 Overslade Lane, Rugby, Warwickshire, CV22 6DY 01788 522577 • <a href="https://www.barchester.com/overslade">www.barchester.com/overslade</a>