

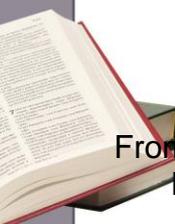


Join us for our events throughout April

Monday 1st Easter Monday
Music for Health

The magic of Music for Health with Richard at 3.15pm on Clifford, quiz, singing, music quiz and finishing off with a lovely cup of tea.

Tuesday 9th
U sit U Exercise



From 2.15pm we will be doing some good exercise movements, along with using some resistant bands for a little extra work and finish off with a healthy drink of a home-made smoothie.

Wednesday 10th
Rise and Shine Exercise for Life

On Memory Lane from 12pm we will be with Sarah and Karen doing our 'Get Fit' before healthy lunch.

Tuesday 16th
Mini Bus Excursion

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

Wednesday 17th
Sing along with Terry

From 2.15pm our regular singer Terry will have us all joining in singing and dancing

Monday 29th
National Gardening Week

This week we will be visiting garden centres, doing some gardening, planting lots of flowers and much more in our garden

Monday 29th
International Dance Day

The day of singing and dancing to our favourite music on each community

**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

