



Join us for our events throughout April

Community Knit & Natter Club

Monday Mornings from 11.15am

Do you enjoy knitting? or just fancy a natter? Then why not come along to our weekly knit & natter club in our cafe. We'll be starting our new spring project on Monday 8th April.

Keep Fit Classes with Karen from SitFit

Wednesday 10th April & Wednesday 24th April at 4pm

Come and keep fit with us this month with Karen from SitFit. She'll be guiding us through an energetic chair based aerobics session which is designed to get your whole body moving.

Monthly Musical Moments Afternoon with the Dementia Support Group

Tuesday 16th April from 2pm

The Hampshire & IOW Dementia Support Group will be hosting their monthly musical moments afternoon in the ground floor lounge. The sessions are designed for people living with dementia & their carers, however everyone is welcome to come along and enjoy the music. This month they will be joined by the New Music Makers Choir.

Shawford Springs Open Day

Saturday 20th April

Our next Open Day event is on Saturday 20th April. Come and take a personally tailored tour of our beautifully appointed home & enjoy a selection of free refreshments.

St. George's Day Celebrations

Tuesday 23rd April from 3.15pm

Join us in the ground floor lounge for a traditional English cream tea with live music from Harpist Meta Killick to celebrate St. George's Day! Everyone is welcome.

Monthly Speakers Corner Event

Thursday 25th April at 3pm

This month we are excited to announce that Anita from Hampshire Hawk Walks will be joining us for a talk about Birds of Prey. She will also be bringing along a couple of her beautiful birds to meet us.

Our events are free of charge, but please book your place
by calling 01962 571850

Shawford Springs Care Home, Otterbourne Road, Compton, Winchester, SO21
2RT

01962 571850 • www.barchester.com/Web Address here

