



Join us for our events throughout May

**Minds in Motion**

**Wednesday 1st May - 2.00pm - GF Dining**

Students from the University of York are back with a new quiz, another arts session, and craft session. If you want to find out what they are preparing, join us!

**Silent Disco**

**Tuesday 7th May - 2.30 - GF Lounge**

Prepared to be transported back to your school disco years that only you can hear, wearing headphones and dancing the afternoon away to old time classics, disco, rock n roll, motown and singalongs.

**VE Day Celebration**

**Wednesday 8th May - 2.30pm - Foyer**

Join us for a celebration day where the morning will be a quiz and singalong, in the afternoon we will be enjoying the company of soldiers from the barracks in Fulford for tea, coffee and cakes.

**Dog Training Show**

**Wednesday 15<sup>th</sup> May - 2.30 - GF Lounge**

We will be delighted by the dog training show. What are all the wonderful tricks dogs can do? Join us to figure it out!

**U-sit fit with Mark**

**Tuesday 21st May - 3pm - GF Dining**

Participate in an energizing exercise session as we collaboratively strive for a healthier and more active lifestyle!

**Evening Concert with John Kellow**

**Tuesday 28th May - 6.30pm - GF Lounge**

Join us for live singer John Kellow accompanied by a glass of wine. It will be a lovely evening full of music, chats, and making memories.

**Time Out at St Oswald's Church**

**Thursday 30th May - 2pm**

Join us for the 'Time Out' event at St. Oswald's Church. There will be a quiz, music, singing, and cakes and refreshments.



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