



Birtley
House

RESIDENTS ACTIVITIES PROGRAMME

MARCH 2020



Weekly calendar

Monday – Friday 10.00 -11.30am. One to one quality time over tea rounds.

Monday to Friday 10am-5pm. Daily wellbeing companion Holly as per residents wishes and requests.

WEDNESDAY FROM 10.30AM P.A.T (PETS AS THERAPY) DOG VISIT with Clare Jenkins and Ambrose.



1st-8th March 2019

DEMENTIA UK WEEK – TIME FOR A CUPPA AND CAKE

Monday 2nd 2.30pm

St David's Day

Come and decorate
the flag



Tuesday 3rd 2.30pm

**A musical performance by the
St Catherine's pupils**



Wednesday 4th 2.30pm

Word games



Thursday 5th 2.30pm

Residents' meeting



Friday 6th 2.30pm

Multi-activities

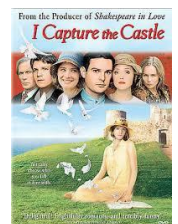


Saturday 7th 2pm

Film

"I Capture the Castle"

Starring Bill Nighy



Afternoon tea served after all activities at 3.30pm, all Residents, family and visitors welcome.

"Knowing me, Knowing you" Friday morning in the drawing room with Tim Whalley (Director), 11-12pm, drinks and a chat.

This week we celebrate the birthday of:

Mrs Helen Hughes on the 2nd, Mrs Josephine Weston on the 3rd and Mrs Mavis Micklethwaite on the 8th

Weekly calendar

Monday – Friday 10.00 -11.30am. One to one quality time over tea rounds.

Monday to Friday 10am-5pm. Daily wellbeing companion Holly as per residents wishes and requests.

Monday 9th 2.30pm

Gentle exercises



Tuesday 10th 2.30pm



Wednesday 11th 2.30pm

Birds and insects



Thursday 12th 2.30pm

Piano recital with

Kevin Jacot



Friday 13th 2.30pm

Spring craft



Afternoon tea served after all activities at 3.30pm, all Residents, family and visitors welcome.

“Knowing me, Knowing you” Friday morning in the drawing room with Tim Whalley (Director), 11-12pm, drinks and a chat.

This week we celebrate the birthday of:

Mr Robin Lee on the 11th

Weekly calendar

Monday – Friday 10.00 -11.30am. One to one quality time over tea rounds

Monday to Friday 10am-5pm. Daily wellbeing companion Holly as per residents wishes and requests.

WEDNESDAY FROM 10.30AM. P.A.T (PETS AS THERAPY) DOG VISIT with Claire Jenkins and Ambrose.



NUTRITION AND HYDRATION WEEK



Monday 16th 2.30pm



History and Traditions

Tuesday 17th 2.30pm

Jewellery sale
with Belinda



IRISH THEMED SUPPER.
Activities room - 5.45pm



Wednesday 18th 2.30pm

10.30am Little Harriers Nursery children visiting
(numbers limited)

Fruits and drink
taster/quiz



Thursday 19th 2.30pm

No group activity.
One to one in rooms



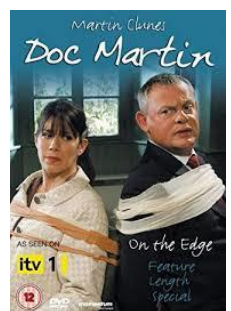
Friday 20th 2.30pm

Decorate some
cupcakes
and cookies



Saturday 21st 2pm

Film
"Doc Martin – On The
Edge"



Afternoon tea served after all activities at 3.30pm, all Residents, family and visitors welcome.

"Knowing me, Knowing you" Friday morning in the drawing room with Tim Whalley (Director), 11-12pm, drinks and a chat.



Weekly calendar

Monday – Friday 10.00 -11.30am. One to one quality time over tea rounds.

Monday to Friday 10am-5pm. Daily wellbeing companion Holly as per residents wishes and requests.

WORLD POETRY DAY 21st

Monday 23rd 2.30pm

Poetry for
pleasure



Tuesday 24th 2.30pm

Armchair yoga with
Christine Shaw



Wednesday 25th 2.30pm

With
Revd Liz Tilley



Thursday 26th 2.30pm

Cat bingo



Friday 27th 2.30pm

Book club

Theme – Oxford, Cambridge, boat or race in the title

Author of the month – Graham Greene



Afternoon tea served after all activities at 3.30pm, all Residents, family and visitors welcome.

“Knowing me, Knowing you” Friday morning in the drawing room with Tim Whalley (Director), 11-12pm, drinks and a chat.

CLOCKS SPRING FORWARD. DON'T FORGET TO PUT YOUR CLOCKS FORWARD 1 HOUR SATURDAY NIGHT

Weekly calendar

Monday – Friday 10.00 -11.30am. One to one quality time over tea rounds.

Monday to Friday 10am-5pm. Daily wellbeing companion Holly as per residents wishes and requests.

Monday 30th 2.30pm

Multi- activities



Tuesday 31st 2.30pm

Colourful Costa Rica.

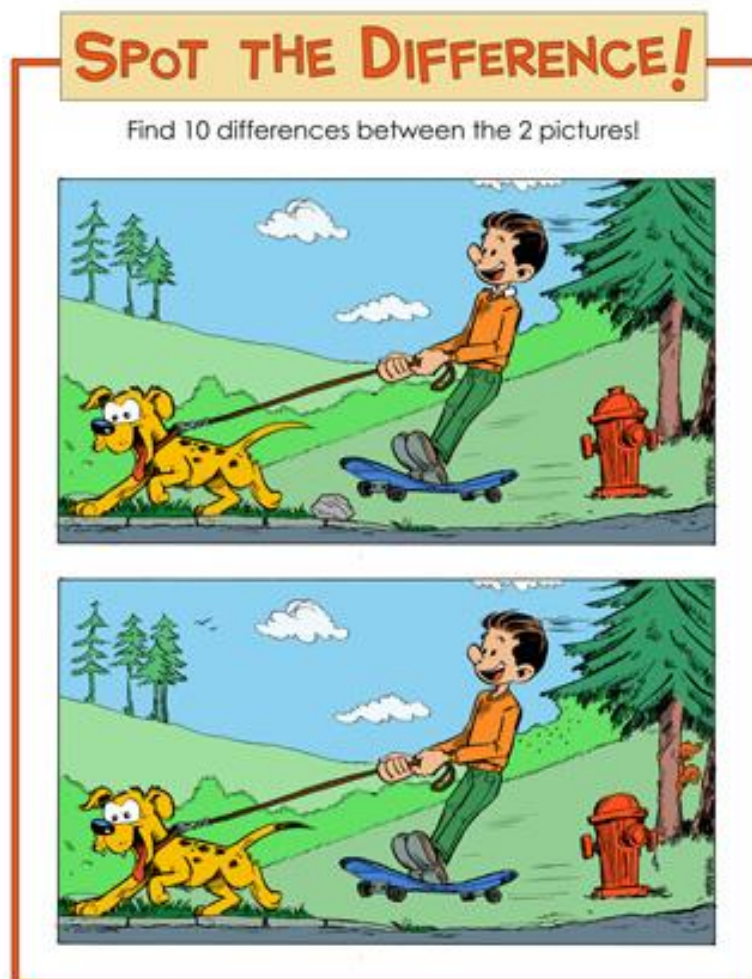
Simon and Caroline's holiday

In the Osa Peninsular



Afternoon tea served after all activities at 3.30pm, all Residents, family and visitors welcome.

“Knowing me, Knowing you” Friday morning in the drawing room with Tim Whalley (Director), 11-12pm, drinks and a chat.



Activities and Wellbeing Team

Monday	Tina, Caroline, Holly
Tuesday	Tina, JoJo, Holly (Caroline)
Wednesday	Tina, JoJo, Holly
Thursday	Tina, Holly, Caroline
Friday	Tina, JoJo, Holly Ann 1 x book club
Saturday	Ann 2 x film club



Tina



JoJo



Holly



Ann



Jacquie



Mary



Liz Tilley

SPIRITUAL CARE

Revd Liz Tilley, our Chaplain, will usually be visiting on Monday and Wednesday afternoons. Father David Osborne will visit residents on request. Mrs Ann Streeter comes to give Communion as requested.



Gail Maguire

COUNSELLING

Gail Maguire offers counselling to residents, their family and friends. She can work flexibly but usually on a Thursday or Friday. For further information, please call direct on 07980 028364 or speak to a member of staff.

HAIRDRESSING

Lisa Ward is available from Monday to Thursday by prior arrangement. Please speak to the staff nurse to book an appointment.

MANICURES 7 FOOT HEALTH PROFESSIONAL

Kim O' Sullivan of "Feet First" will be attending every week, usually on a Thursday. Please speak to the staff nurse to book an appointment

MASSAGE THERAPY DAYS

Val Hutton will be available for treatments on Tuesdays and Thursdays by prior arrangement.



Birtley
House



www.birtleyhouse.co.uk



Birtley House Nursing Home



[@birtleyhouse_nursinghome](https://www.instagram.com/birtleyhouse_nursinghome)