

# Brooke Mead Activities



**Fun activities  
for residents, care staff & the**

Draw for Life, Dancing, Pilates,  
Friday Coffee Afternoons, Singing and  
Music, monthly Rainbow Cafe,  
Tai Chi and More!

Have fun, meet people, enjoy yourself.

Try something new, or share a hobby  
you already have!

**See inside for details May 2018!**



## Week 1 (1st to 3rd May)



Day/Date	Time	Activity
Tues 1 <sup>st</sup> May	Afternoon	Birthday party
Tues 1 <sup>st</sup> May	2:30pm	Draw for Life
Wed 2 <sup>nd</sup> May	2:00pm	3 Score Dance
Thurs 3 <sup>rd</sup> May	10:45am	Pilates (chair based)

## Week 2 (7th to 10th May)



Day/Date	Time	Activity
Mon 7 <sup>th</sup> May	10:00am	Art Therapy
Tues 8 <sup>th</sup> May	2:30pm	Draw for Life
Wed 9 <sup>th</sup> May	10:00am	Information & Advice Desk
Thurs 10 <sup>th</sup> May	10:45am	Pilates (chair based)
Thurs 10 <sup>th</sup> May	11:00am	Rainbow Cafe
Frid 11 <sup>th</sup> May	10:45am	Singing

## Week 3 (14th to 18th May)



Day/Date	Time	Activity
Mon 14 <sup>th</sup> May	10:00am	Art Therapy
Mon 14 <sup>th</sup> May	10:45	Music
Tues 15 <sup>th</sup> May	2:00pm	De mob DEEP Group
Wed 16 <sup>th</sup> May	2:00pm	3 Score Dance
Thurs 17 <sup>th</sup> May	10:45am	Pilates (chair based)
Friday 18 <sup>th</sup> May	10:45am	Singing
Friday 18 <sup>th</sup> May	2:00pm	Tai Chi taster

## Week 4 (21st to 25th May)

Day/Date	Time	Activity
Mon 21 <sup>st</sup> May	10:00am	Art Therapy
Mon 21 <sup>st</sup> May	10:45am	Music
Tues 22 <sup>nd</sup> May	2:30pm	Draw for Life
Thurs 24 <sup>th</sup> May	10:30am	AgeUK DAA Stalls & Celebration
Thurs 24 <sup>th</sup> May	10:45am	Pilates (chair based)
Friday 25 <sup>th</sup> May	10:45am	Singing
Friday 25 <sup>th</sup> May	1:00pm	Tai Chi
Friday 25 <sup>th</sup> May	2:30pm	Coffee Afternoon

## Week 5 (28th to 30th May)

Day/Date	Time	Activity
Mon 28 <sup>th</sup> May	10:00am	Art Therapy
Tues 29 <sup>th</sup> May	2:30pm	Draw for Life
Wed 30 <sup>th</sup> May	2:30pm	Music & Song



# Brooke Mead Activities

## Upcoming Activities

*Games/Bingo Afternoons*  
*Information & Advice session*  
*Oral Histories*  
*Reminiscence group*

All these activities are free and open to residents and members of the community.

For information or to book please

call Rupert on **01273 295946**

or email **Rupert.Hensser@brighton-hove.gov.uk**

**In Partnership with:** LifeLines—Volunteering Matters; Strike a Light; Open Strings; Bournemouth University; South East Dance; Fabrica; Brighton & Hove Food Partnership; Brighton & Hove LGBT Switchboard; Brighton & Hove Dementia Action Alliance; Trust for Developing Communities, Brighton Table Tennis Club



**Brighton & Hove**