Brooke Mead Activities

Fun activities
for residents, care staff & the community

Pilates, Table Tennis, Singing and Music, Gardening, Coffee Afternoons and More!

Have fun, meet people, enjoy yourself.

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

See inside for details September 2018!

Week 1 (3rd to the 7th September)

Day/Date	Time	Activity
Mon 3rd Sept		
Tues 4th Sept	10:30am to 12 noon 2pm to 4pm	Gardening D-Mob DEEP meeting (to be confirmed)
Wed 5th Sept		
Thurs 6th Sept		
Frid 7th Sept		

Week 2 (10th to the 14th Sept)

Day/Date	Time	Activity
Mon 10th Sept	10 am onwards 11am to 12:15pm	Art Therapy Table Tennis
Tues 11th Sept	10:30am to 12noon	Gardening
Wed 12th Sept	To be decided	Movie Night!
Thurs 13th Sept	11am to 11:45am	Chair based Pilates
Friday 14th Sept	2:30pm - 4:30pm	COFFEE AFTERNOON!

Week 3 (17th to the 21st September)

Day/Date	Time	Activity
Mon 17th Sept	10am onwards 11am to 12:15pm	Art Therapy Table Tennis
Tues 18th Sept	10:30am to 12noon	Gardening
Wed 19th Sept	11am to 12:30pm	Puppets & Puppetry storytelling! **NEW!**
Thurs 20th Sept	11am to 11:45am	Chair based Pilates
Frid 21st Sept	11am to 12:15pm	Sing & Play

Week 4 (24th to the 28th Sept)

Day/Date	Time	Activity
Mon 24th Sept	10am onwards 11am to 12:15pm 1:30pm - 3pm	Art Therapy Table Tennis Singing (to be confirmed) **NEW!**
Tues 25th Sept	10:30am to 12noon	Gardening
Wed 26th Sept	11am to 12:30pm	Puppets & Puppetry storytelling!
Thurs 27th Sept	11am to 11:45am	Chair based Pilates
Frid 28th Sept	2:30pn - 4:30pm	COFFEE AFTERNOON !

Brooke Mead Activities

Upcoming Activities

Table Tennis

Games/Bingo Afternoons

Reminiscence group

Singing

Puppetry & puppet making

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