

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 October
2018!**



Week 1 (1st to the 5th October)

Day/Date	Time	Activity
Thurs 4th Oct	11am to 11:45am	Chair based Pilates

Week 2 (8th to the 12th October)

Day/Date	Time	Activity
Mon 8th Oct	11am to 12:15pm	Table Tennis
	1:15pm to 2:30pm	Sing Well
Tues 9th Oct	12 noon	Gardening
Wed 10th Oct	10am to 12noon	Information Advice help desk
	11am to 12:30pm	Pegasus Puppets
	5:30pm to 7pm	Movie Night!
Thurs 11th Oct.	11am to 11:45am	Chair based Pilates
Friday 12th Oct.	11am to 12:15pm	Sing & Play

Week 3 (15th to the 19th Oct)

Day/Date	Time	Activity
Mon 15th Oct	11am to 12:15pm	Table Tennis
	1:15pm - 2:30pm	Sing Well
Tues 16th Oct	10am to 11:30pm	Mens Breakfast Club
Wed 17th Oct	11am to 12:30pm	Pegasus Puppets
	5:30pm	Movie Night!
Thurs 18th Oct	11am to 11:45am	Chair based Pilates
Frid 19th Oct	11am to 12:15pm	Sing and Play

Week 4 (22th to the 26th Oct)

Day/Date	Time	Activity
Mon 22th Oct	11am to 12:15pm	Table Tennis
	1:30pm - 3pm	Sing Well
Tues 23rd Oct	2pm to 4pm	D MOB Peer meeting
Wed 24th Oct	11am to 12:30pm	Pegasus Puppets
	5:30pm	Movie Night!
Thurs 25th Oct	11am to 11:45am	Chair based Pilates
Frid 26th Oct	11am to 12:15pm	Sing and Play
	2:30pm - 4:30pm	COFFEE AFTERNOON!

Week 4 (22th to the 26th Oct)

Day/Date	Time	Activity
Mon 29thd Oct	11am to 12:15pm	Table Tennis
	1:30pm - 3pm	Sing Well
Tues 30th Oct		
Wed 31st Oct	5:30pm	Movie Night!

Brooke Mead Activities

Upcoming Activities

Games/Bingo Afternoons

Reminiscence

Art group

Dance and Movement

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