

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 November
2018!**



Week 1 (1st to 2nd November)

Day/Date	Time	Activity
Thurs 1st Nov	11am to 12 noon 2:30pm to 4pm	Chair based Pilates Reminiscence, move & dance
Frid 2nd Nov	11am to 12pm	Sing & play

Week 2 (5th to 9th November)

Day/Date	Time	Activity
Mon 5th Nov	11am to 12:15pm 11am to 12:30pm 1:30pm to 3pm	Table Tennis Fun Group Art Sing Well
Tues 6th Nov	3pm to 5pm	Drawing & Making
Wed 7th Nov	11am to 12:30pm 5:30pm to 7pm	Pegasus Puppets Movie Night!
Thurs 8th Nov	11am to 12noon 2:30pm to 4pm	Chair based Pilates Reminiscence, move & dance
Friday 9th Nov	11am to 12:15pm	Sing & Play

Week 3 (12th to 16th November)

Day/Date	Time	Activity
Mon 12th Nov	11am to 12:15pm 11am to 12:30pm 1:30pm to 3pm	Table Tennis Fun Group Art Sing Well
Tues 13th Nov	3pm to 5pm	Drawing & Making
Wed 14th Nov	10am to 12noon 11am to 12:30pm 5:30pm	Information Advice help desk Pegasus Puppets Movie Night!

Thurs 15th Nov	11am to 12 noon 2:30pm to 4pm	Chair based Pilates Reminiscence, move & dance
Frid 16th Nov	11am to 12:15pm	Sing and Play

Week 4 (19th to 23rd Nov)

Day/Date	Time	Activity
Mon 19th Nov	11am to 12:15pm 11am to 12:30pm 1:30pm to 3pm	Table Tennis Fun Group Art Sing Well
Tues 20th Nov	3pm to 5pm	Drawing & Making
Wed 21st Nov	5:30pm	Movie Night!
Thurs 22nd Nov	11am to 12noon 2:30pm to 4pm	Chair based Pilates Reminiscence, move & dance
Frid 23rd Nov	11am to 12:15pm	Sing and Play

Week 5 (26th Nov to 30th Nov)

Day/Date	Time	Activity
Mon 26th Nov	11am to 12:15pm 11am to 12:30pm 1:30pm to 3pm	Table Tennis Fun Group Art Sing Well
Tues 27th Nov	3pm to 5pm	Drawing & Making
Wed 28th Nov	5:30pm	Movie Night!
Thurs 29th Nov	11am to 12noon 2:30pm to 4pm	Chair based Pilates Reminiscence, move & dance
Frid 30th Nov	11am to 12:15pm 2;30pm to 4:30pm	Sing and Play COFFEE AFTERNOON!

Brooke Mead Activities

Upcoming Activities

Reminiscence
Games/Bingo Afternoons
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