

# Monthly Activities at Leeming Bar Grange

# Join us for our events throughout October

## Mindful Moment's, Mental Wellbeing Café

Friday 10th, 11am, Downstairs Smaller Lounge

Celebrate World Mental Health Day with a morning of connection both with our senses, and each other

#### Singing for the Soul

Friday 10th, 1.30pm, Upstairs Main Lounge

will be joining us for another spirit-lifting community choir! All abilities are welcome to join.

#### Live Virtual Event; Bat Talk with Gwent Wildlife Trust

Tuesday 14th, 2.30pm, Downstairs Main Lounge

Join us this spooky season for a fun and informative session all about bats. We'll explore different species, and learn about their behaviour, diet, habitats, and hibernation.

#### **Knit & Natter Coffee Morning**

Wednesday 15th, 11am, The Café Area

Come together with friends old and new to share hints, tips, good conversation, and brews aplenty

#### **Harvest Festival**

#### Monday 20th, 10.30am, Downstairs Main Lounge

Join the little ones from Little Bear Nursery to celebrate the harvest. As part of our harvest celebrations please consider donating non-perishable food items to support Hambleton FoodShare. A donation box can be found at the homes entrance.

#### **Memory Lane Disco**

Monday 27<sup>th</sup>, 2pm, Upstairs Main Lounge

Join us for a dance down memory lane at our new monthly sensory disco!

Halloween Spooktacular!

Thursday 30th, 2pm, Throughout the Home

Get ready to dance the Monster Mash as DJ Pete joins us for another fun-filled silent disco; this time with a spooky twist! Wear your spookiest fancy dress to be in with a chance of winning a prize!

## **Trick or Treating**

Friday 31st, 3pm, Throughout the Home

We are welcoming ghoulish girls and beastly boys into the home for trick or treating!

Leeming Bar Grange, 2a Leeming Lane, Leeming Bar, DL7 9AU 01677 425594 • www.barchester.com/home/leeming-bar-grange-care-home