

Join us for our events throughout February

## **'Sole Mates' Community Walking Group**

**Friday 6<sup>th</sup>, 11am, Meet at Reception**

Join us for a gentle stroll around Leeming Bar as we enjoy fresh air, beautiful countryside, and each other's company

## **Heart to Heart Wellness Day**

**Monday 9th**

**11am, Zumba, Downstairs Main Lounge**

We will be getting our hearts pumping with a seated Zumba session, led by instructor David!

**2pm, Healthy Hearts with Age UK, Downstairs Smaller Lounge**

Join Age UK for a fun and informative information event about ensuring heart health in older adulthood

## **Spirit-Lifters Community Choir**

**Friday 13<sup>th</sup>, 1.30pm, Upstairs Main Lounge**

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

## **Valentine's Soirée**

**Saturday 14<sup>th</sup>, 2pm, Downstairs Main Lounge**

Celebrate love in all its forms with a delicious themed afternoon tea with live musical entertainment from The Cherry Tones

## **Knit & Natter Coffee Morning**

**Wednesday 18<sup>th</sup>, 11am, Downstairs Main Lounge**

Whether you're a seasoned knitter or just fancy a friendly natter over a cuppa, everyone is very welcome!

## **Reminiscence Café**

**Wednesday 25<sup>th</sup>, 11am, Upstairs Main Dining Room**

Join us for a morning of fond reminiscence, with brews a-plenty and delicious sweet treats!

**Leeming Bar Grange, 2a Leeming Lane, Leeming Bar, DL7 9AU**

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