



*Life Enrichment*  
at BARCHESTER

# Monthly Activities at Braeburn Lodge

Join us for our events throughout February

## Wellbeing Event

**Wednesday 4<sup>th</sup> February - 10:30**

Join us with guest speaker Nicola Brett to discuss well-being and self-care.

## National Pizza Day

**Monday 9<sup>th</sup> February – 11:00**

Pineapple on pizza? Creating your own perfect pizza to enjoy.

## Off to Baytrees

**Tuesday 10<sup>th</sup> February – 10:00**

A trip on the mini bus to Baytrees Garden Centre for some shopping and lunch.

## Harp & Happiness, Live Harp Music For Everyone!

**Thursday 12<sup>th</sup> February – 14:30**

Live Virtual Event: Join us and Harpist Marian O'Toole for an afternoon of uplifting music!

## Love is in the Air...

**Saturday 14<sup>th</sup> February – From 12:30**

Valentine's Day! A romantic candle lit lunch followed by John Daulton Live on the harp.

## Carousel Nursery Visit for Chinese New Year

**Tuesday 17<sup>th</sup> February – 10:30**

Children from a local nursery visit to enjoy Chinese New Year crafts and food tasting.

## Financial Planning for the Future

**Tuesday 23<sup>rd</sup> February – 11:00**

G&T Solicitors visits Braeburn offering practical advice, information and to answer your questions.

## STRIKE! Bowling Fun

**Tuesday 24<sup>th</sup> February – 10:00**

A trip to Hollywood Bowl for a fun game of VIP bowling and a American style lunch out.

**Everyone is welcome. Any questions please contact the Activities Team.**

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