



Join us for our events throughout January

Dementia Café

Friday 9th January

Come mingle at our monthly Dementia Café where we will be playing games on the Digital Rainbow Table and bingo.

Health Wellbeing Event

Wednesday 14th January 11am

Come move, stretch, and enjoy! Chair exercises led by Absolute Cabaret, followed by homemade smoothies.

Virtual Big Garden Bird Talk

Thursday 15th January 2.30pm

Join us for a fun and informative as ornithologist Rob Magee holds a talk before the big garden birdwatch

Therapy Dog

Monday 19th January

Wendy and one of her therapy dogs will visit for a calm, comforting afternoon.

Knit and Natter

Wednesday 21st January 2pm

Whether you're a seasoned knitter or just fancy a cuppa with some good company. Everyone welcome.

Think Green litter pick

Tuesday 27th January 10am

Come and join us at B&M as we litter pick back to the home. Refreshments afterwards as we do our bit for the community.

Barchester big quiz

Wednesday 28th January 2.30

Calling all quizzers, the team are back with a special episode of Barchester Goes Gaming. While we test out 2025 general knowledge.

**Our events are free of charge, but please book your place
by calling 01609 775444**

**Mount Vale Care Home, Yafforth Road, Northallerton, DL7 8UE
01609 77544• www.barchester.com/MountVale**

