

Join us for our events during January 2026

### Monday 5<sup>th</sup> Boogie Beats

A fun music and movement session with visiting children from Flying Colours Nursery, led by Boogie Beats

### Tuesday 6<sup>th</sup> Poetry Club in the Morning

Join us for an enjoyable monthly poetry session with our visiting host Fiona sharing favourite poems and new discoveries with you!

### Friday 9<sup>th</sup> Entertainment in the Afternoon

Enjoy a selection of well-known favourites from the 50's 60's and 70's with Young Musician Diego

### Thursday 15<sup>th</sup> Big Garden Bird Talk

Virtual event hosted by ornithology expert Rob Magee in association with Gwent Wildlife Trust

### Saturday the 24<sup>th</sup> Open Day

A Burns Themed selection of Refreshment will be available to enjoy in the ground floor café

### Sunday the 25<sup>th</sup> Burns Day Celebrations

Burns Day Celebrations with traditional Scottish Menus, Music and Rhyme

### Tuesday the 27<sup>th</sup> Forget Me Notes

A nostalgic and relaxing musical sing-a-long session on Memory Lane

### January the 30<sup>th</sup> Understanding Dementia

Insights, Questions and Answers with Craig Colligan, our Dementia Specialist Nurse

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