



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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