

Join us for our events throughout February

**Community Cafe**

**Wednesday 4th February - 11am**

Join us for refreshments and great company and sing along to love songs & ballads performed live by Michaela from Musical Memories

**Harp and Happiness Live Virtual Event**

**Thursday 12th February - 2.30pm**

Join us and Harpist Marian O'Toole for an afternoon of uplifting music! Performing classical harp solos and a variety of popular hits there's something for everyone

**Love & Friendship Ball**

**Saturday 14th February - 11am**

Join us as we celebrate Valentines day with live entertainer Mark McCann performing live all your favourite hits to have you singing along, dancing and connecting

**Dementia Disco**

**Saturday 21st February - 3pm**

Glow sticks at the ready! Join us for an afternoon of disco fever and fun enjoy swinging 60's & 70's hits and neon lights at our themed dementia disco - Fancy dress encouraged!

**Blue Light Lunch**

**Monday 23rd February - 11am - 2pm**

We're inviting all emergency service personnel for a free lunch on us every last Monday of the month as a special thank you for their hard work keeping our community safe and healthy

**Healthy Heart Event**

**Tuesday 24th February - 11am - 2pm**

Explore the benefits of regular movement and simple ways to support your overall wellbeing, attend our blood pressure clinic and join our team on a walk for hearts fundraising challenge in aid of the British Heart Foundation

**Our events are free of charge, but please book your place**

**by calling 01670 817222**

**Station Court Care Home, 138 Station Road, Ashington, Northumberland, NE63**

**8HE**

**01670 817222 • [www.barchester.com](http://www.barchester.com) / Web Address here**