



Join us for our events throughout March

**Wednesday 4<sup>th</sup> March**

**Veteran's Coffee Morning with Special Guest**

Ken Cooke WW2 veteran joins us for our monthly veteran's coffee morning from 11am in the café bar area.



**Wednesday 4<sup>th</sup> March - Gardening Club with Chris**

Join our award-winning gardener Chris as he helps us prepare for spring! Sherwood ground floor Lounge from 1.45pm

**Tuesday 10<sup>th</sup> & 24<sup>th</sup> March - Keep fit with Kate**

We shall be doing our gentle armchair exercises under the guidance of Kate everyone is welcome to join in. 2-3pm in the Sherwood ground floor lounge.



**Wednesday 11<sup>th</sup> March – International Women's Day with Special Guests**

To celebrate International Women's Day, we shall be welcoming guests from the local W.I group to talk to us about the history of the W.I and the work they do. 1.45pm onwards in the Sherwood ground floor lounge.

**Thursday 12<sup>th</sup> March – Musical Moments**

We welcome Maggie from Musical Moments. 1.45pm onwards in the Sherwood ground floor lounge



**Tuesday 17<sup>th</sup> March – Armchair Travels**

We shall be traveling to Ireland for this month's armchair travels and enjoying a Guinness afterwards. 1.45pm onwards in the Sherwood ground floor lounge



Mulberry Court Care Home

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