

Bowood Court

adeptcarehomes

Activity Programme

March 2024

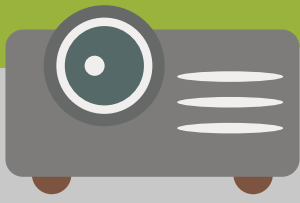


Happy Easter

**Join our Easter Sunday
celebrations throughout the
home, Sunday 31st March**

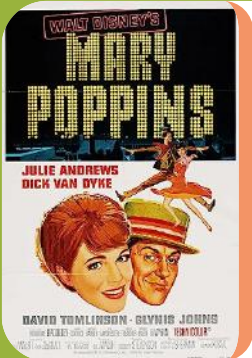
**Mother's
Day**

**Sunday 10th of March,
a special day for all mothers**



Cinema

Join us for regular screenings of favourite movies by amazing cinematographers and actors of a bygone era to stir your memories of times gone by. Enjoy a complimentary bag of popcorn and enjoy the delights of the silver screen!



Mary Poppins (1964)

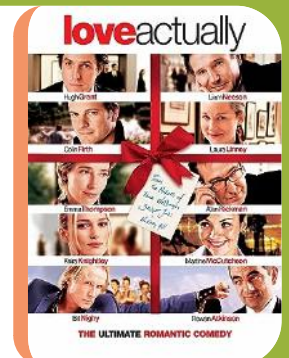
In turn of the century London, a magical nanny employs music and adventure to help two neglected children become closer to their father.

Julie Andrews, Dick Van Dyke, David Tomlinson

Love Actually (2003)

Follows the lives of eight very different couples in dealing with their love lives in various loosely interrelated tales all set during a frantic month before Christmas in London, England.

Hugh Grant, Martine McCutcheon, Liam Neeson



The Jungle Book (2016)

After a threat from the tiger Shere Khan forces him to flee the jungle, a man-cub named Mowgli embarks on a journey of self discovery with the help of panther Bagheera and free-spirited bear Baloo.

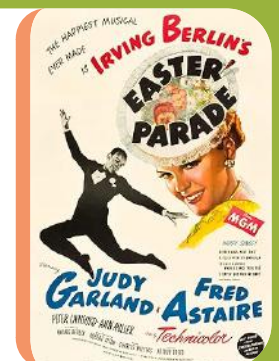
Neel Sethi, Bill Murray, Ben Kingsley



Easter Parade (1948)

A nightclub performer hires a naive chorus girl to become his new dance partner to make his former partner jealous and to prove he can make any partner a star.

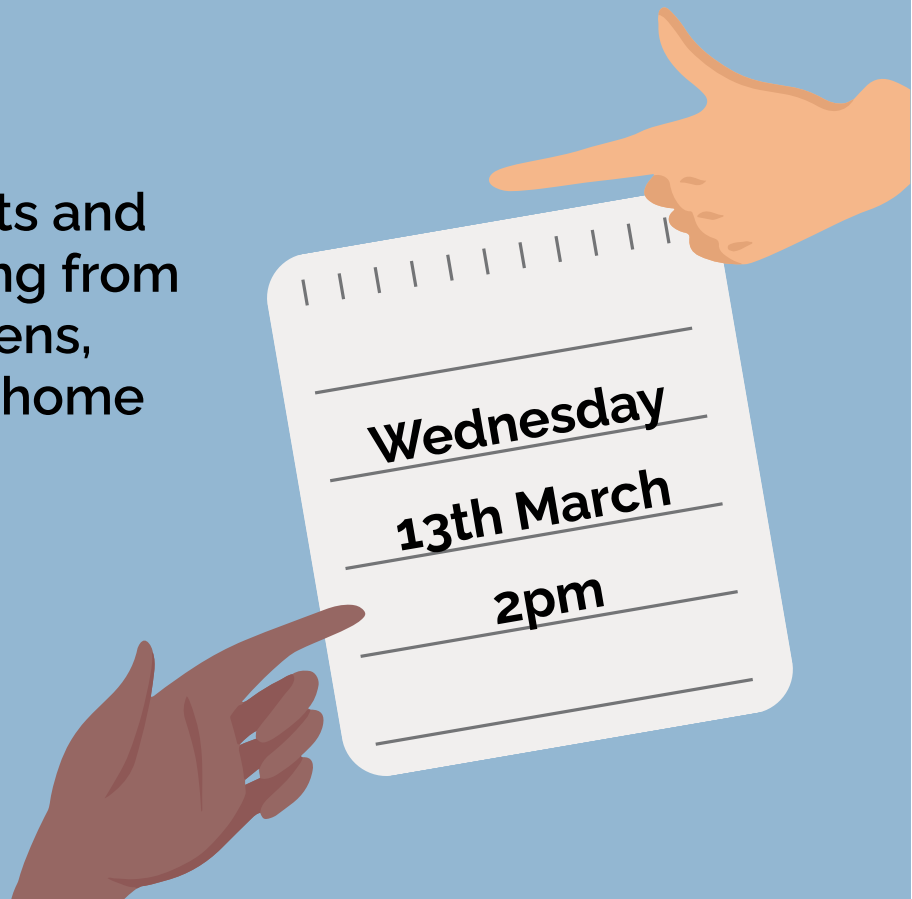
Judy Garland, Fred Astaire, Peter Lawford



Monthly Residents Meeting

Join your fellow residents and have your say on anything from activities to meals, gardens, family visits or anything home related.

We want this to be your happy place and we're listening.



Birthdays

We are celebrating

Ann, Gill, John, Robert & Steph

Everyone from adept wishes you a Happy Birthday!



St David's Day

Celebrate St David's Day with us! Join our Welsh cake tasting and quiz, and learn some interesting facts about Wales

Friday 1st March



Mother's Day

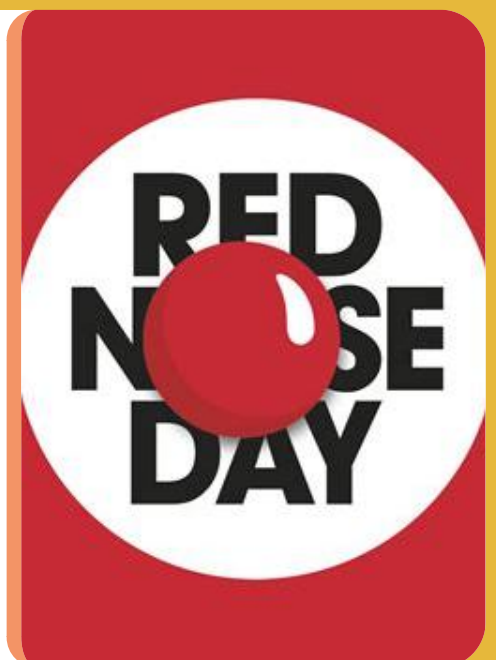
Celebrate Mother's Day with us! Join us for a roast lunch and entertainment by Sam Southall

Sunday 10th March

Red Nose Day

Wear red for the day and join in our Red Nose Day fun

Friday 15th March

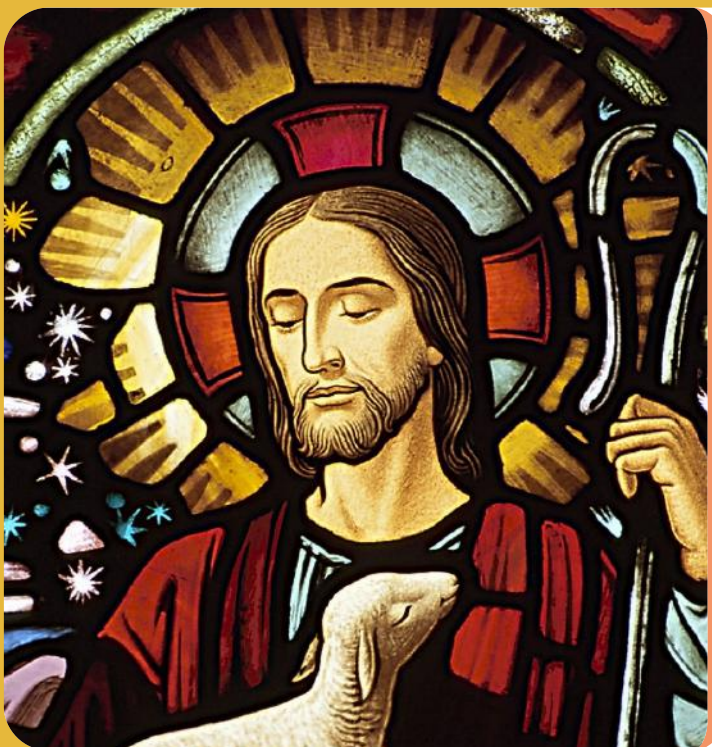


Special Events

St Patrick's Day

Wear green today and have a taste of Ireland from 2pm

Sunday 17th March



Church Service

Join us for our church service,
a time of reflection and
worship

**Tuesday 5th and Thursday
28th March, Morning**



Our Hospitality Manager, Naomi Jones

Hello, we have a wonderful activities program so come along and get involved, if you have any questions, speak to the team

Our Dementia Manager, Karen Middleton

I'm here to support residents and their families. Please contact me if you have any questions about dementia



Our Activities Team

Our fabulous activities team are always here to help and are open to any ideas and suggestions to enhance the activity programme



We have the luxury of owning a minibus resulting in regular excursions to local shops, places of interest or meals out.

If you would like to make a suggestion where we can go next speak to one of the activities coordinators so we can include your suggestions in future programmes.



Colleen's Hairdressing

Price List



Perm	£50
Ladies Cut	£15.50
Men's Cut	£11.50
Shampoo & Set	£14.50
Blow Dry	£24
Cut & Set	£24



Also available in the lounge for residents and relatives to help themselves are a selection of reading material and games.

Lower Floor

events are subject to change

Date	Morning, 10:30am	Afternoon, 2pm
Fri 1st	St Davids Day Flower Arranging 	St Davids Day Quiz & Facts 
Sat 2nd	Gardening Club Weather Permitting 	Bingo 
Sun 3rd	Pamper 	Beetle Drive 
Mon 4th	National Pie Week, Pie Making 	National Pie Week, Tasting & Chat 
Tue 5th	Church Service 	Leslie Quiz 
Wed 6th	Knitting Club 	Mens Pub Club, Dominos 
Thu 7th	Puzzles & Games 	St Patricks Day Arts & Crafts 
Fri 8th	Coffee Morning In The Pub 	Film Afternoon, Mary Poppins 
Sat 9th	Chit Chat & News Discussion 	Bingo 
Sun 10th	Mothers Day 	Sam Southall Singer, Upstairs lounge 
Mon 11th	Baking Club Tray Bake 	Afternoon Tea 
Tue 12th	Exercise to Music 	Leslie Quiz 
Wed 13th	Knitting Club 	Residents Meeting 
Thu 14th	Leslie Quiz 	Film Afternoon, Love Actually 

Date	Morning, 10:30am		Afternoon, 2pm	
Fri 15th	Red Nose Day		Red Nose Day	
Sat 16th	Gardening Club Weather Permitting		St Patricks Day Arts & Crafts	
Sun 17th	St Patricks Day Irish Cream Delight Baking		St Patricks Day Food & Drink Tasting	
Mon 18th	Bingo		Arts & Crafts	
Tue 19th	Exercise to Music		Leslie Quiz	
Wed 20th	Knitting Club		Mens Club, Beetle Drive	
Thu 21st	Table Top games		Arts & Crafts Easter Bunting	
Fri 22nd	Leslie Quiz		Sue Berry Singer	
Sat 23rd	Chit Chat & News		Bingo	
Sun 24th	Pamper		One to ones	
Mon 25th	Baking Club Rice Crispy Nests		Easter Arts & Crafts Easter Cards	
Tue 26th	Exercise to Music		Leslie Quiz	
Wed 27th	Knitting Club		Mens Pub, Club Draughts	
Thu 28th	Leslie Quiz		Rob Wilson Singer	
Fri 29th	Good Friday White Board Game		Film Afternoon, Easter Parade	
Sat 30th	Garden Club Weather Permitting		Bingo	
Sun 31st	Easter Sunday Easter Eggs		Easter Sunday Sing a Long	

Upper Floor

events are subject to change

Date	Morning, 10:30am	Afternoon, 2pm
Fri 1st	Flower Arranging Daffodils 	St Davids Day 
Sat 2nd	Sensory 	Parachute Game 
Sun 3rd	Pamper 	One to Ones 
Mon 4th	Reminiscence 	National Pie Week, Pie Tasting 
Tue 5th	Arts & Crafts Cheerio BirdFeeders 	Outdoor Walks Weather Permitting 
Wed 6th	Skittles & Bowls 	Jigsaw & Games 
Thu 7th	Dancing Sing a Long 	Room One to Ones 
Fri 8th	Biscuit Decorating 	Film Afternoon & Snacks 
Sat 9th	Sensory 	Skittles & Bowls 
Sun 10th	Mothers Day Decorate Lounge 	Sam Southall Singer 
Mon 11th	Reminiscence 	Afternoon Tea 
Tue 12th	Arts & Crafts Easter Colouring 	Outdoor Walks Weather Permitting 
Wed 13th	Ballon & Bubbles 	Residents Meeting 
Thu 14th	Armchair Exercise 	Sing a Long 

Date	Morning, 10:30am	Afternoon, 2pm
Fri 15th	Red Nose Day 	Red Nose Day 
Sat 16th	Sensory 	Skittles & Bowls 
Sun 17th	St Patricks Day Irish Music 	St Patricks Day Irish Food Tasting 
Mon 18th	Reminiscence 	Afternoon Tea 
Tue 19th	Arts & Crafts Easter 	Out Door Walks Weather Permitting 
Wed 20th	Dancing Sing a Long 	Arts & Crafts Easter 
Thu 21st	Balloon Tennis 	Film & Snacks 
Fri 22nd	One to Ones 	Sue Berry Singer 
Sat 23rd	Parachute Game 	Puzzles & Games 
Sun 24th	Pamper 	Sing a long 
Mon 25th	Reminiscence 	Afternoon Tea 
Tue 26th	Arts & Crafts 	Outdoor Walks Weather Permitting 
Wed 27th	Dancing Sing Long 	Sensory 
Thu 28th	Church Service 	Rob Wilson Singer 
Fri 29th	Good Friday 	Good Friday 
Sat 30th	Puzzles & Games 	Skittles & Bowls 
Sun 31st	Easter Sunday Easter Eggs 	Easter Sunday Sing a Long 

Making Memories



We have enjoyed a fantastic trip to The National SEA LIFE Centre Birmingham on our mini bus. Our day was spent learning fascinating information about each sea animal, and watching them swim around in their natural habitat



We enjoyed a morning of reminiscing back to our childhood with a selection of books and tales to read



We spent the morning of Pancake Day enjoying delicious homecooked pancakes in our lounges! We each learnt how to successfully flip a pancake with the help of our team, before digging into our sweet treats



We loved celebrating Valentine's Day together! From baking sweet treats in the morning from Creed Foodservice's delicious brownie and shortbread recipes, to enjoying a wonderful afternoon tea party in our dining room; it really was a lovely day