

On The Grove Grapevine this February

Hello and welcome to February's newsletter.

January was definitely a month we were glad to say goodbye to with cold bugs abounding for staff and residents, and two dustings of snow causing traffic chaos in the region. The Grove, as always, remained warm and cosy with plenty of activities to keep everyone busy from jigsaws to colouring in posters ready for Valentines Day.



February is the month to celebrate Valentine's Day.

Did you know this may have originated with Lupercalia? Lupercalia was an ancient Roman fertility festival held annually on 15 February.

Another fun fact about Valentine's Day is that nearly 250 million roses are grown in preparation for the day!



Happy Valentine's Day!

What's On in February

We have regular activities with Karen and Steve like quizzes, puzzles, bingo, crafts and cake decorating for you to get involved with. Here are the dates where people are coming in to The Grove to provide some mental and physical stimulation:

2 February	4 February	5 February	10 February
Tai Chi with Augustine 2.00 – 2.45	Crafts with Tara 9.30 - 11.00	Exercise with Chloe 10.00 – 10.45	Exercise & Motivation with Emma 2.00 – 2.45
16 February	18 February	19 February	24 February
Tai Chi with Augustine 2.00 – 2.45	Church service 10.00 – 10.45	Exercise with Chloe 10.00 – 10.45	Exercise & Motivation with Emma 2.00 – 2.45

Activities we've enjoyed together

A few birthday celebrations took place with the kitchen team making some fantastic cakes!





Sometimes the simplest games are the best!

