



On The Grove Grapevine this July

Hello and welcome to July's newsletter.

Goodness what a lovely time we had in June with warm, sunny weather and lots of activities both inside and out. We've plenty to look forward to in July with a new sign for the front of the home arriving mid-July and our annual summer garden party at the end of the month.



From spectacled dusky langurs to curious meerkats, a small group of residents will be on the look out for these animals and many more at Twycross Zoo.

On **Saturday 19 July** from 8.30am till late, our intrepid explorers will be keeping their eyes peeled for a giraffe or two!



Garden Party

Saturday 26 July

2pm – 6pm

An afternoon of cake, singing and maybe a bit of boogie woogie

Martin Leonard will be here singing from 3pm-4pm

What's On in July

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:

1 July	2 July	7 July	10 July	15 July
Play Pals Nursery Children 10.00 – 10.45 Exercise & Motivation with Emma 2.00 – 2.45	Crafts with Tara 10.00 – 11.00	Tai Chi with Augustine 2.00 – 2.45	Exercise with Gemma 10.00 – 10.45	Exercise & Motivation with Emma 2.00 – 2.45
16 July	21 July	24 July	29 July	
Church service 10.00 – 10.30	Tai Chi with Augustine 2.00 – 2.45	Exercise with Gemma 10.00 – 10.45	Exercise & Motivation with Emma 2.00 – 2.45	

Activities we've enjoyed together

And one, two, three stretch!

Getting into the swing of chair exercise





The lovely ladies from Legal & General volunteered their time to do a crafting session at the beginning of June which produced a wonderful picture of a peacock!



Birthday celebrations for the gents



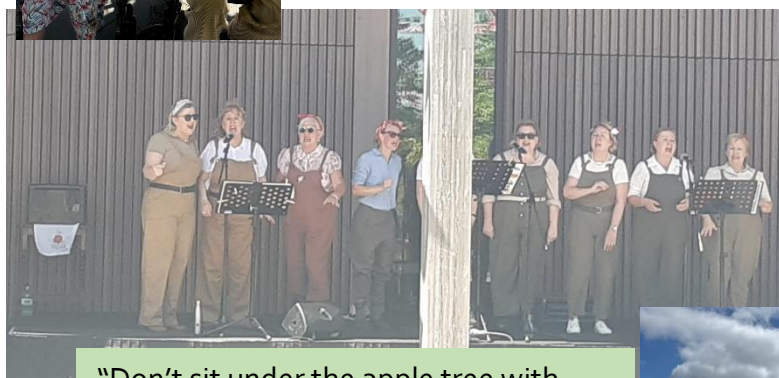
Enjoying the sunshine



A spot of axe throwing followed by the more sedate practice of watering the garden



**Day out at the
National Memorial Arboretum to
celebrate the Armed Forces**



"Don't sit under the apple tree with
anyone else but me..."

Dancing in the street, well under a tree!



Waiting for the Spitfire fly
past and parade of motorbikes



Meeting Buddy the Bodyguard