



THE GROVE

— RESIDENTIAL HOME • SOLIHULL —

On The Grove Grapevine this September

Hello and welcome to September's newsletter.

We had the best time on our big trip to Blackpool at the beginning of August, see the pictures in the next pages, enjoying the sunshine and a turn or two around the dancefloor at the Tower Ballroom. September will be a bit more relaxing as we feel the first hint of autumn in the air. For some pampering this month we have a few upcoming appointments to look forward to ...

Kellie, the hairdresser, will be here on **Tuesday 15** and **Monday 28 September** from 8.30am to 2.30pm.

Charges apply.



If your toes are in need of a tidy up then Robina, the chiropodist, will be here on **Wednesday 23 September** from 9.30am – 3.30pm.

Charges apply.

Olé! We'll be enjoying the tastes of Spain on **Wednesday 23 September** to celebrate Spanish Food and Drinks Day.

Sangria, anyone?



What's On in September

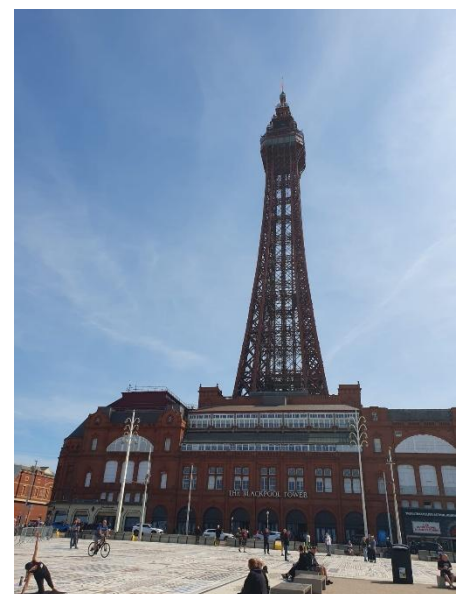
We have regular activities with Karen and Steve like quizzes, puzzles, bingo, crafts and cake decorating for you to get involved with. Here are the dates where people are coming in to The Grove to provide some mental and physical stimulation:

2 September	3 September	11 September	14 September	16 September
Crafts with Tara 9.45 – 10.45	Exercise with Emma 10.00 – 10.45	Exercise & Motivation 2.00 – 2.45	Tai Chi with Augustine 2.00 – 2.45	Church Service 10.00 – 10.45
17 September	22 September	24 September	28 September	
Exercise with Emma 10.00 – 10.45	Exercise & Motivation 2.00 – 2.45	Exercise with Emma 10.00 – 10.45	Tai Chi with Augustine 2.00 – 2.45	

Activities we've enjoyed together



Ah, Blackpool,
what a glorious day!



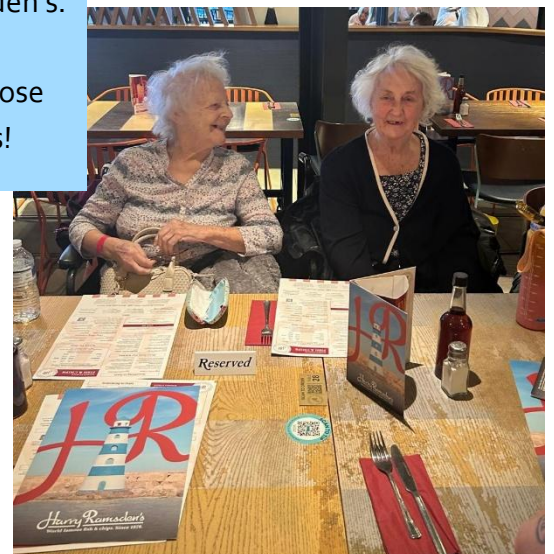


We sure did pack a lot in,
arcade games, ice cream,
coffee and a horse ride?!
No definitely not a horse
ride 😊



Fish & Chips? It's got
to be Harry Ramsden's.

Watch out for those
pesky seagulls!





Do you wanna dance?

Don't mind if I do!

