



On The Grove Grapevine this June

Hello and welcome to June's newsletter.

We've got some great activities and events lined up for this month.



Samantha Oxborough, mezzo-soprano singer, will be returning to The Grove to entertain us with her beautiful and uplifting voice.

She will be joining us on **Friday 13 June** from 1.30pm – 3.00pm.

Come along to join in with an aria or two!

Photo credit: David Fawbert

Help us raise some money for our minibus appeal by supporting our Cake Bake Sale on **Saturday 21 June** from 1.30pm – 4.00pm. Donations of home baked or shop bought cakes appreciated. Tea and coffee will be available.



To commemorate Armed Forces Day a small group of us will be having a trip to the National Memorial Arboretum on **Saturday 28 June** from 8.30am to 5.30pm.



Robina, the chiropodist, will be here on **Wednesday 18 June** from 9.00am – 3.00pm.

She'll be getting our dancing feet into tip top condition.

Charges apply.

Vicky, the hairdresser, will be here on **Tuesday 3 and 24 June**.
Short, back and sides anyone?



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:

3 June	4 June	9 June	12 June	12 June
Exercise & Motivation with Emma 2.00 – 2.45	Crafts with Tara 10.00 – 10.45	Tai Chi with Augustine 2.00 – 2.45	Exercise with Gemma 10.00 – 10.45	Memory Music Onward Club 12.30 – 3.00
17 June	18 June	19 June	23 June	26 June
Exercise & Motivation with Emma 2.00 – 2.45	Church Service 10.00 – 14.45	Memory Music Onward Club 12.30 – 3.00	Tai Chi with Augustine 2.00 – 2.45	Exercise with Gemma 10.00 – 10.45

Activities we've enjoyed together

Celebrating the 80th anniversary of VE day with flag waving and dancing.





Planting sunflowers throughout May. Who will have the tallest one?

