

# Activities CALENDAR



Glebe House

[bristolcarehomes.co.uk](http://bristolcarehomes.co.uk)



**TUESDAY 7<sup>TH</sup>**

Day trip to Chepstow  
Garden Centre

**FRIDAY 17<sup>TH</sup>**

Lullaby Circle -  
Mother and baby  
group

**SATURDAY 25<sup>TH</sup>**

One-to-one Oomph  
on Demand



# Hello, dear friends!



## Welcome to our autumn edition!

As the autumn leaves begin to turn and the air grows crisp, we're delighted to welcome you to another month filled with meaningful moments, laughter, and togetherness. October brings cosy traditions and seasonal celebrations — from harvest time to the fun of Halloween and the sparkle of Bonfire Night. It's a season for gathering, sharing stories, and enjoying the comforts of home.

We're also excited to introduce our new Picture Activity Survey, which residents are invited to complete, with families welcome to support if needed. This will help us learn even more about individual interests, hobbies, and favourite pastimes — ensuring our activities are even more person-centred and meaningful.

Thank you for being part of our community. Together, we look forward to a month of joy, discovery, and cherished memories.

You can ask a member of staff, or a family member or friend, to help you complete our fun survey by scanning the QR code below. If you need any assistance, we'll be happy to help!



**We hope you have a wonderful month ahead.**



# Meet the team

Karla - Admin Assistant

Hello!

I'm Karla. I'm originally from Mexico and have been living in the UK for the past three years with my husband and our two daughters. My husband is British, and we made the move so he could return home.

I trained as an actuary and spent over 15 years working in the insurance sector, mainly in marketing and sales. However, healthcare has always held a special place in my heart. I grew up surrounded by it, my mum is a nurse, and I spent a lot of time in hospital environments, watching her care for others and learning about health and safety. I used to love visiting her at work and even helped out when I could.

In 2024, I began volunteering with Bristol Care Homes, which led to me joining the Activities Team in January 2025. I'm now part of the Admin Team, thanks to the support of Nathan and Natalia.

I genuinely enjoy the variety and the independence the role offers, but what I love most is chatting with residents and making a difference in their day-to-day lives.

One of my favourite memories was during a trip to the Harbourside, where we visited the Matthew. One of the residents was quite anxious about going aboard, but once inside, she was reminded of her childhood and her grandfather, who was a fisherman. It completely changed her perspective on the activity.

Outside of work, I also practise Pilates and swimming to stay healthy and unwind.

Working at Bristol Care Homes has been an absolute joy. The team is incredibly friendly and supportive, they bring out the best in you and help you grow.



WEDNESDAY 1<sup>ST</sup>

11:00am

## Day trip to the Pumpkin Patch/Hair and nails

St Aldams Nursery/Salon

2:30pm

## Intergenerational Gardening Club

Garden/Dining room



THURSDAY 2<sup>ND</sup>

11:00am

## Coffee at The Bowl Inn

Almondsbury village

2:30pm

## Entertainment by Andy T

Main lounge



© Tripadvisor

FRIDAY 3<sup>RD</sup>

11:00am

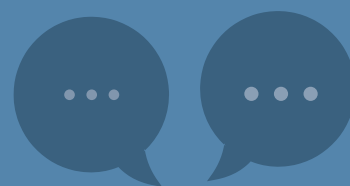
## Monthly residents' meeting

Main lounge

2:30pm

## \*New\* Trampoline session with Zion

Main lounge



SATURDAY 4<sup>TH</sup>

11:00am

## One-to-one residents' meetings

Rooms

2:30pm

## Open activities with Liz

Main lounge





## SUNDAY 5<sup>TH</sup>

11:00am

### Relaxing foot spa

Rooms

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2:30pm

### Sunday service with Allister and Julie

Main lounge



## MONDAY 6<sup>TH</sup>

11:00am

### Walking club

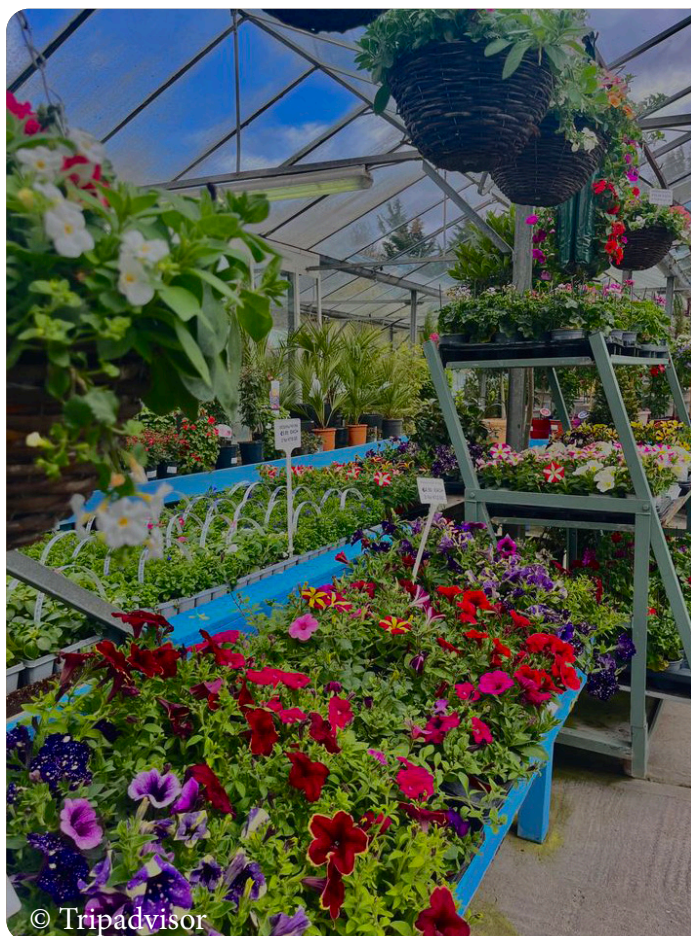
Almondsbury village

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2:30pm

### One-to-one variety sessions with Louisa

Rooms



## TUESDAY 7<sup>TH</sup>

11:00am

### Day trip to Chepstow Garden Centre

Chepstow

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2:30pm

### Entertainment by Laurence

Main lounge



WEDNESDAY 8<sup>TH</sup>

11:00am

## Day trip to Highfields Garden Centre

Gloucester

2:30pm

## Singing for the Brain

Main lounge



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THURSDAY 9<sup>TH</sup>

11:00am

## Autumn wreath making with Georgina

Orchard lounge

2:30pm

## Entertainment by Johnny

Main lounge





## FRIDAY 10<sup>TH</sup>

11:00am

### Coffee at The Bowl Inn

Almondsbury village

2:30pm

### Movie afternoon

Main lounge



## SATURDAY 11<sup>TH</sup>

11:00am

### One-to-one reminiscence

Rooms

2:30pm

### Open activities with Liz

Main lounge



## SUNDAY 12<sup>TH</sup>

11:00am

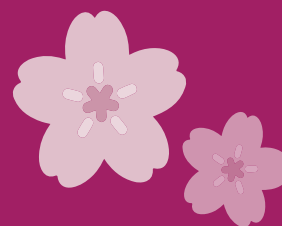
### Church service live-stream

Main lounge

2:30pm

### Open activities with Liz

Main lounge







© Bristol Live

## MONDAY 13<sup>TH</sup>

11:00am

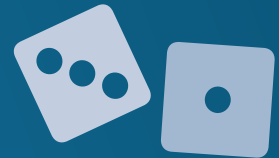
### Lunch trip at The Swan/Walking club

Tytherington/Almondsbury village

2:30pm

### Snakes and ladders game

Main lounge



## TUESDAY 14<sup>TH</sup>

11:00am

### Shopping trip to The Mall/Arts and crafts

Cribbs Causeway/Activities room

2:30pm

### Toddler group at St. Mary's Church

Almondsbury village



© Tripadvisor

WEDNESDAY 15<sup>TH</sup>

11:00am

**Coffee at Shelley's  
Cafe/Hair and nails**

Thornbury/Salon

2:30pm

**G-fitness with  
Alex/Short trip  
to Almondsbury  
Garden Centre**



THURSDAY 16<sup>TH</sup>

11:00am

**Coffee at The Bowl  
Inn**

Almondsbury village

2:30pm

**Entertainment by  
Katie on the piano**

Main lounge





FRIDAY 17<sup>TH</sup>

11:00am

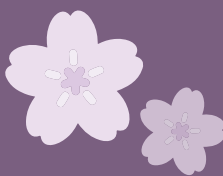
## Lullaby Circle - Mother and baby group

Main lounge

2:30pm

## Coffee afternoon

Main lounge



SATURDAY 18<sup>TH</sup>

11:00am

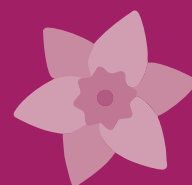
## Activity picture surveys

Rooms

2:30pm

## Open activities with Liz

Main lounge



SUNDAY 19<sup>TH</sup>

11:00am

## Activity picture surveys

Rooms

2:30pm

## Sunday service with Jan and Sarah

Main lounge



MONDAY 20<sup>TH</sup>

11:00am

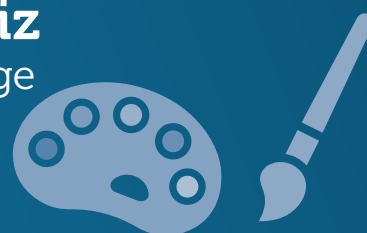
## Arts workshop with Amy

Dining room

2:30pm

## Fun Quiz

Main lounge



TUESDAY 21<sup>ST</sup>

11:00am

## Lunch trip to Winter stream Farm/Walking club

Cribbs Causeway/  
Almondsbury village

2:30pm

## Entertainment by Damien

Main lounge



© Winter Stream Farm



WEDNESDAY 22<sup>ND</sup>

11:00am

## Men's trip to the Pizza Hut/Hair and nails

Cribbs Causeway/Salon

2:30pm

## Special Guests: The Therapy Ponies

Rooms/Lounges



THURSDAY 23<sup>RD</sup>

11:00am

## Coffee at The Bowl Inn

Almondsbury village

2:30pm

## Entertainment by Richard and Rosemary

Main lounge



FRIDAY 24<sup>TH</sup>

11:00am

## Coffee morning

Activities room

2:30pm

## Movie afternoon

Main lounge



SATURDAY 25<sup>TH</sup>

11:00am

## One-to-one Oomph on Demand

Rooms

2:30pm

## Pumpkin carving

Dining

SUNDAY 26<sup>TH</sup>

11:00am

## Church service live-stream

Main lounge

2:30pm

## Gentle exercise session

Main lounge



MONDAY 27<sup>TH</sup>

11:00am

## Day trip to Tenpin for bowling/Walking club

Almondsbury village

2:30pm

## Seasonal flower arranging

Activities room





TUESDAY 28<sup>TH</sup>

11:00am

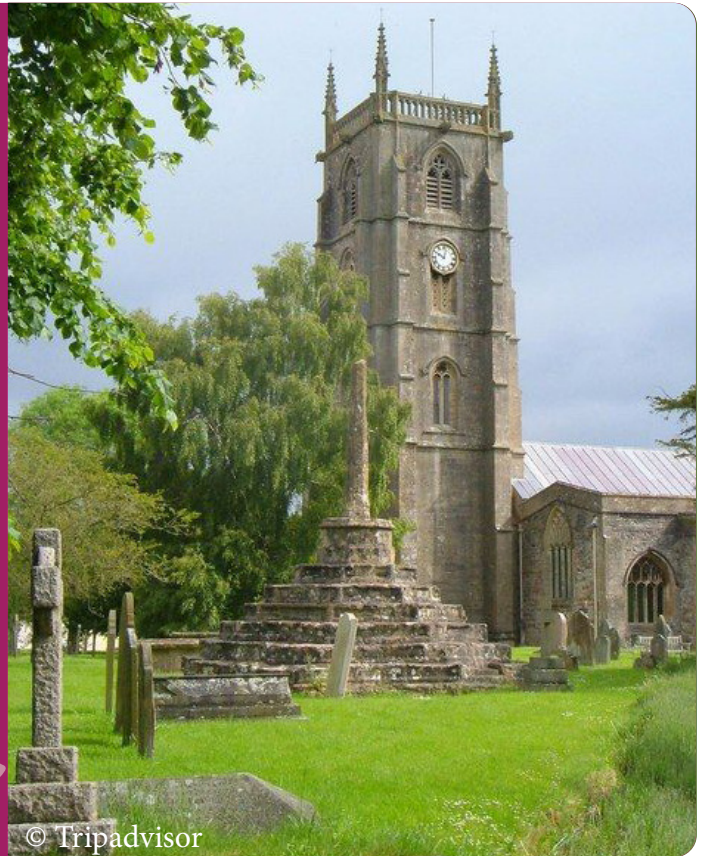
## Day trip to Chew Magna/One-to-one engagement

Chew Magna/Rooms

2:30pm

## Fairy cake making

Dining room



© Tripadvisor



© Bristol Live

WEDNESDAY 29<sup>TH</sup>

11:00am

## Day trip to Oakham Treasures/Hair and nails

Portbury/Salon

2:30pm

## Games and puzzles

Activities room



THURSDAY 30<sup>TH</sup>

11:00am

## Coffee at The Bowl Inn

Almondsbury village

2:30pm

## Entertainment by Justin

Main lounge



FRIDAY 31<sup>ST</sup>

11:00am

## Pumpkin latte morning

Main lounge

2:30pm

## Movie afternoon showing The Addam's Family

Main lounge



# Activity suggestion slip

If you have any ideas for **new activities** we could offer, please write them below and post the slip in the suggestions box.

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