

Activities CALENDAR



Glebe House

bristolcarehomes.co.uk



TUESDAY 3RD

Day trip to Clevedon
with fish and chips

FRIDAY 13TH

Valentine coffee
morning

THURSDAY 26TH

Flourish Dance with
Lauren

Hello, dear friend!



Welcome to our February Activities Calendar!

We hope the year has started well for you! February is a month that truly celebrates love, warmth, and togetherness—with Valentine's Day just around the corner. It's a wonderful opportunity to remind ourselves of the importance of connection, whether with family, friends, or within our community.

But Valentine's Day isn't the only highlight! We're also excited to embrace other special occasions such as Pancake Day and Chinese New Year, which bring their own unique traditions and flavours. These celebrations have been thoughtfully woven into this month's activities, ensuring that there's something for everyone to enjoy—whether it's indulging in delicious pancakes, learning about cultural customs, or simply sharing joyful moments with others.

Across our homes, many residents have been sharing their hopes and wishes for the year ahead. It's inspiring to hear their aspirations, and it makes us wonder—have you taken a moment to think about one thing you'd like to achieve this year? Whether it's a personal goal, a new hobby, or simply spending more time with loved ones, we're here to support you every step of the way.

And don't forget the exciting day trips planned for this month! These outings have been inspired by residents' suggestions and are designed to create memorable experiences out in the community. From scenic walks to cultural visits, we hope these trips bring plenty of laughter, joy, and cherished moments for everyone involved.

Wishing you a wonderful month filled with laughter, connection, and memorable moments!



Meet the team

Zion - Physiotherapist

Hello !

One of my favourite stories begins when I was just four years old. I suffered a stroke that left half of my body paralysed. With the help of dedicated physiotherapists and my mum's unwavering support, I began a long journey of rehabilitation. It took years of hard work to recover, but during that time, I discovered something powerful: the desire to help others facing similar challenges.

That experience inspired me to pursue physiotherapy. In 2016, I went to university to make this dream a reality. Today, I'm proud to say I'm living that dream—helping people regain their independence and improve their quality of life.

In my role, I'm responsible for safely assisting residents out of bed, performing manual handling, and identifying any needs or concerns to

fast-track support through the nursing team. If a resident struggles with mobility, I work closely with them to overcome those challenges and track their progress.

I absolutely love working here. The surroundings are beautiful, and the team is incredibly caring and enthusiastic. Outside of work, I enjoy basketball, sprinting, walking, and spending time with friends.

The most rewarding part of my job is meeting new people and motivating residents to believe in themselves. Watching someone surprise themselves by standing or walking after years in bed or a wheelchair is truly magical.

This home is forward-thinking—they prioritise physiotherapy and provide me with all the support and equipment I need to make a real difference.

SUNDAY 1ST

11:00am

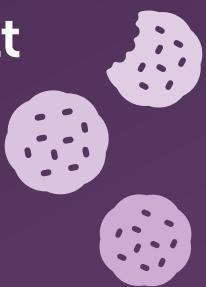
Nail care

Orchard

2:30pm

Baking Delight

Dining room



MONDAY 2ND

11:00am

Day trip to Saul Junction/Walking club

Frampton on Severn/
Almondsbury

2:30pm

Flower arranging

Activities room



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TUESDAY 3RD

11:00am

Day trip to Clevedon with fish and chips/Comfort and company

Clevedon/Rooms

2:30pm

Giant snakes and ladders

Main lounge



© Tripadvisor



© Tripadvisor

WEDNESDAY 4TH

11:00am

Day trip to Highfields Garden Centre/Hair & Nails

Gloucester/Salon

2:30pm

G-fitness with Alex

Main lounge

THURSDAY 5TH

11:00am

Coffee at The Bowl Inn

Almondsbury

2:30pm

Our world in pictures with Claire (Famous couples)

Main lounge



FRIDAY 6TH

11:00am

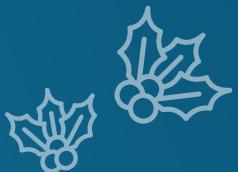
Residents' meeting

Main lounge

2:30pm

Wildlife documentary on the big screen

Main lounge



SATURDAY 7TH

11:00am

Residents' meeting

Rooms

2:30pm

Armchair exercise class

Main lounge



SUNDAY 8TH

11:00am

Church service live-stream

Main lounge

2:30pm

Open House activities with Liz

Main lounge



MONDAY 9TH

11:00am

Walking club

Almondsbury

?

2:30pm

General Quiz with Bev

Main lounge

?

?

TUESDAY 10TH

11:00am

**Day trip to Oakham
Treasures/Games and
puzzles**

Portbury/Activities room

2:30pm

Arts and crafts

Activities room



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WEDNESDAY 11TH

11:00am

**Short trip to the
Swan Inn/Hair &
Nails**

Thornbury / Salon

2:00pm

**Singing for the
Brain/Short trip to
Almondsbury Garden
Centre**

Main lounge / Almondsbury



© Tripadvisor

THURSDAY 12TH

11:00am

**Coffee at The Bowl
Inn**

Almondsbury

2:30pm

**Entertainment with
guitarist Johnny**

Main lounge



FRIDAY 13TH

11:00am

**Valentine coffee
morning**

Main lounge

2:30pm

**Entertainment with
singer Andy T**

Main lounge



SATURDAY 14TH

11:00am

**Seasonal Oomph-on-
demand**

Main lounge

2:00pm

**Open House
activities with Liz**

Main lounge



SUNDAY 15TH

11:00am

Parachute fun

Orchard

2:30pm

Open House activities with Liz

Main lounge

MONDAY 16TH

11:00am

Day trip to Tenpin Bowling/Walking club

Cribbs Causeway/
Almondsbury

2:30pm

Pizza making

Dining room



TUESDAY 17TH

11:00am

Day trip to Portishead Harbour/Flip-a-pancake with Bev

Main lounge

2:30pm

Thinking music with Phil

Main lounge



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WEDNESDAY 18TH

11:00am

Day trip to The Mall/ Hair & Nails

Cribbs Causeway/Salon

2:30pm

Entertainment with guitarist Damien

Main lounge



THURSDAY 19TH

11:00am

Coffee at The Bowl Inn

Almondsbury



2:30pm

Painting session

Activities room



FRIDAY 20TH

11:00am

Lullaby Circle - Mother and baby group

Main lounge

2:30pm

Armchair travel to China for Chinese New Year

Main lounge



SATURDAY 21ST

11:00am

Comfort and company

Rooms

2:30pm

Skittles Fun

Main lounge



SUNDAY 22ND

11:00am

Church service live-stream

Main lounge

16 54

2:30pm

Number bingo

Main lounge

22

03



MONDAY 23RD

11:00am

Walking club

Almondsbury

2:30pm

**Memory lane with
magician Steve**

Main lounge



TUESDAY 24TH

11:00am

**Day trip to Chepstow
Garden Centre/
Comfort and
company**

Wales/Rooms

2:30pm

Toddlers Group
St Mary's church



WEDNESDAY 25TH

11:00am

**Short trip to The Swan
Inn/Hair & Nails**
Tockington/Salon

2:30pm

**Museums to You
with Alive activities**
Main lounge



THURSDAY 26TH

11:00am

**Coffee at The Bowl
Inn**

Almondsbury

2:15pm

**Flourish Dance with
Lauren**

Main lounge



FRIDAY 27TH

11:00am

Coffee morning

Main lounge

2:30pm

Movie afternoon

Main lounge





SATURDAY 28TH

11:00am

Hand Massage

Rooms

2:30pm

Open House activities with Liz

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.

