

# Activities CALENDAR



Glebe House

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



**TUESDAY 3<sup>RD</sup>**

Day trip to Clevedon  
with fish and chips

**FRIDAY 13<sup>TH</sup>**

Valentine coffee  
morning

**THURSDAY 26<sup>TH</sup>**

Flourish Dance with  
Lauren



Bristol  
Care Homes

FEBRUARY 2026





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 1<sup>ST</sup>

11:00am

## Nail care

Orchard

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2:30pm

## Baking Delight

Dining room



MONDAY 2<sup>ND</sup>

11:00am

## Day trip to Saul Junction/Walking club

Frampton on Severn/  
Almondsbury

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2:30pm

## Flower arranging

Activities room



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TUESDAY 3<sup>RD</sup>

11:00am

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

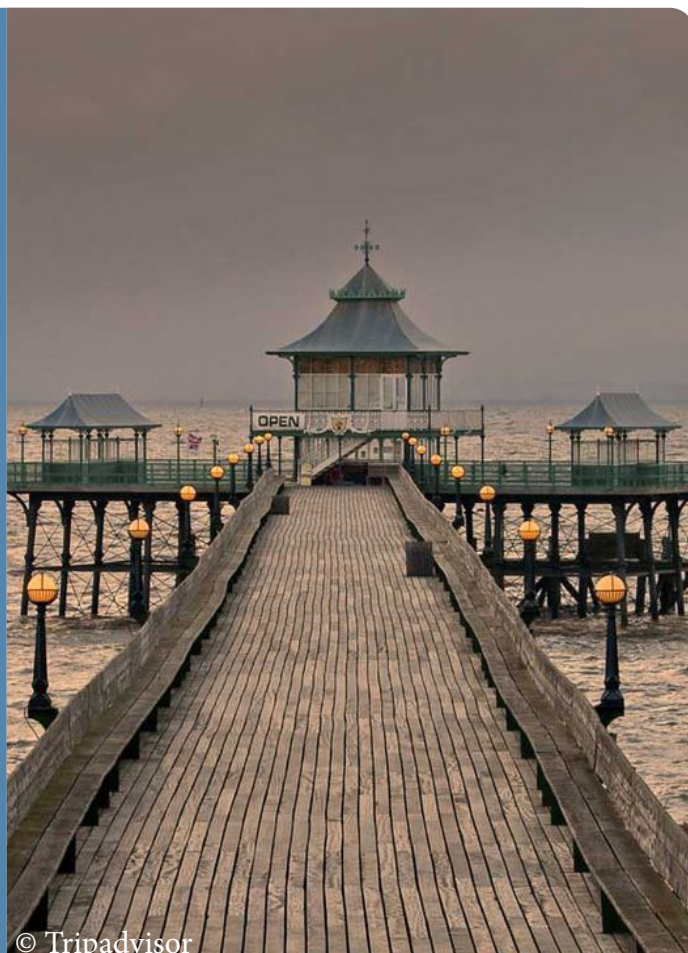
Clevedon/Rooms

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2:30pm

**Giant snakes and  
ladders**

Main lounge



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WEDNESDAY 4<sup>TH</sup>

11:00am

**Day trip to Highfields  
Garden Centre/Hair  
& Nails**

Gloucester/Salon

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2:30pm

**G-fitness with Alex**

Main lounge



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## THURSDAY 5<sup>TH</sup>

11:00am

### Coffee at The Bowl Inn

Almondsbury

2:30pm

### Our world in pictures with Claire (Famous couples)

Main lounge



## FRIDAY 6<sup>TH</sup>

11:00am

### Residents' meeting

Main lounge

2:30pm

### Wildlife documentary on the big screen

Main lounge



## SATURDAY 7<sup>TH</sup>

11:00am

### Residents' meeting

Rooms

2:30pm

### Armchair exercise class

Main lounge



SUNDAY 8<sup>TH</sup>

11:00am

## Church service live-stream

Main lounge

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2:30pm

## Open House activities with Liz

Main lounge



MONDAY 9<sup>TH</sup>

11:00am

## Walking club

Almondsbury

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2:30pm

## General Quiz with Bev

Main lounge



TUESDAY 10<sup>TH</sup>

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 11<sup>TH</sup>

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



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## THURSDAY 12<sup>TH</sup>

11:00am

### Coffee at The Bowl Inn

Almondsbury

2:30pm

### Entertainment with guitarist Johnny

Main lounge



## FRIDAY 13<sup>TH</sup>

11:00am

### Valentine coffee morning

Main lounge

2:30pm

### Entertainment with singer Andy T

Main lounge

## SATURDAY 14<sup>TH</sup>

11:00am

### Seasonal Oomph-on-demand

Main lounge

2:00pm

### Open House activities with Liz

Main lounge

## SUNDAY 15<sup>TH</sup>

11:00am

### Parachute fun

Orchard

2:30pm

### Open House activities with Liz

Main lounge

## MONDAY 16<sup>TH</sup>

11:00am

### Day trip to Tenpin Bowling/Walking club

Cribbs Causeway/  
Almondsbury

2:30pm

### Pizza making

Dining room





TUESDAY 17<sup>TH</sup>

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 18<sup>TH</sup>

11:00am

**Day trip to The Mall/  
Hair & Nails**

Cribbs Causeway/Salon

2:30pm

**Entertainment with  
guitarist Damien**

Main lounge



THURSDAY 19<sup>TH</sup>

11:00am

## Coffee at The Bowl Inn

Almondsbury

2:30pm

## Painting session

Activities room



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FRIDAY 20<sup>TH</sup>

11:00am

## Lullaby Circle - Mother and baby group

Main lounge

2:30pm

## Armchair travel to China for Chinese New Year

Main lounge



SATURDAY 21<sup>ST</sup>

11:00am

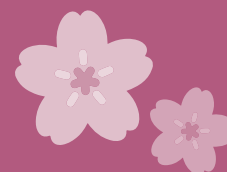
## Comfort and company

Rooms

2:30pm

## Skittles Fun

Main lounge





SUNDAY 22<sup>ND</sup>

11:00am

## Church service live-stream

Main lounge

16

54

2:30pm

## Number bingo

Main lounge

22

03



MONDAY 23<sup>RD</sup>

11:00am

## Walking club

Almondsbury

2:30pm

## Memory lane with magician Steve

Main lounge



TUESDAY 24<sup>TH</sup>

11:00am

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

Wales/Rooms

2:30pm

**Toddlers Group**

St Mary's church



WEDNESDAY 25<sup>TH</sup>

11:00am

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

Tockington/Salon

2:30pm

**Museums to You  
with Alive activities**

Main lounge





THURSDAY 26<sup>TH</sup>

11:00am

## Coffee at The Bowl Inn

Almondsbury

2:15pm

## Flourish Dance with Lauren

Main lounge



FRIDAY 27<sup>TH</sup>

11:00am

## Coffee morning

Main lounge

2:30pm

## Movie afternoon

Main lounge





SATURDAY 28<sup>TH</sup>

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.

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