

# Activities CALENDAR



Quarry House

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



**THURSDAY 5<sup>TH</sup>**

Day trip to Willow Brook  
Centre

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

The History of Radio and  
Episodes of The Archers

**FRIDAY 27<sup>TH</sup>**

Entertainment with  
singing duo - It Takes  
Two





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

Joseph - Senior Carer

Hello !

I am originally from Nigeria and Quarry House has been my second home since 2022. I first joined as a Care Assistant, and through dedication, hard work, and a passion for supporting others, I progressed into my current role as a Senior Carer.

Before relocating to the UK, I completed my first degree and worked in the oil and gas business. Although it was a successful career path, I always felt a strong desire to do something more meaningful—something that allowed me to directly support people in need.

I come from a Catholic background, and back home I was actively involved in humanitarian work through my church. Once a month, we would go into local communities to assist vulnerable people, offering support and care wherever we could. Those experiences stayed close to my heart and played an important role in shaping my decision to pursue a career in care.

I am blessed with a wonderful family—my wife and our five children: four girls and one boy. Three of our daughters are in secondary school, while the younger two are still in primary. They are my pride and joy, and they inspire me every day.

In my day-to-day role at Quarry House, I take great pleasure in working closely with our residents. I ensure their needs are met, that they feel valued, and that they receive the highest standard of care. I also support my colleagues, offering guidance and assistance whenever needed.

Outside of work, I enjoy watching football and cooking. These hobbies help me unwind and stay connected to the things I love.

I truly appreciate the supportive atmosphere here. My colleagues and the management team are always ready to help, and that sense of teamwork makes Quarry House a place I am excited to come to every single day.



## MONDAY 2<sup>ND</sup>

9:00am/10:30am

Social Engagements/  
Bedside entertainment  
with Louisa

Rooms

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2:00pm

Yorkshire Pudding  
trolley

All floors



## TUESDAY 3<sup>RD</sup>

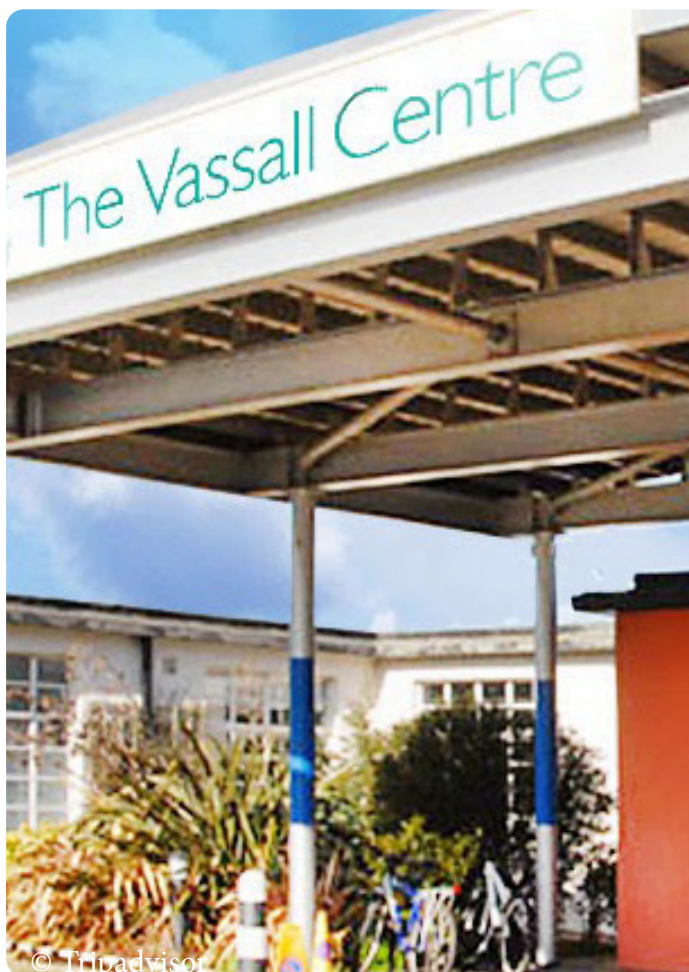
11:00am

G-fitness with Alex/Day  
trip for Lunch Club at  
The Vassals Centre  
Garden lounge/Bristol

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1:45/2:15/4:00/6:00pm

Short trip to local Cafe/  
Sing-a-long/Proverbs &  
Sayings/Facetime Calls  
Fishpounds/Ocean lounge



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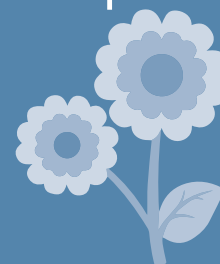
## WEDNESDAY 4<sup>TH</sup>

9:00am/10:45am

Personalised activities/  
Flower Arranging  
Rooms/Garden lounge

1:45pm

Choir & prayer Group  
Main lounge



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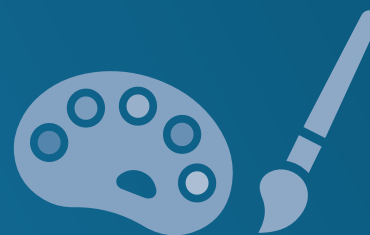
## THURSDAY 5<sup>TH</sup>

10:45am/11:00am

Day trip to Willow Brook  
Centre/Arts & Crafts -  
Heart making  
Bradley Stoke/Main lounge

2:15pm

Entertainment with  
singer Shannon  
Main lounge





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

9:00am/11:00am

Meaningful moments/  
Drumming Circle/Visit  
from the Bristol Met  
School

Rooms/Main lounge/All floors

2:00pm

Residents' surveys

All floors



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

10:00am

Social engagements/  
Reminiscing session

Rooms

2:15pm

Entertainment with  
singer Rebecca

Main lounge



## MONDAY 9<sup>TH</sup>

9:00am/10:30am

Personalised activities/  
Chocolate quiz with  
coffee morning  
Rooms/Main lounge

2:15pm

Ballroom Dancers  
Main lounge



## TUESDAY 10<sup>TH</sup>

10:00am/11:00am

Wellness Weekly  
magazine/Visit to St  
Joseph's Pre-school/  
Holistic massage therapy  
with Tracey

All floors/Speedwell/Rooms

1:45/2:15/4:00/6:00pm

Short visit to local Shops/  
Fun Games/Wellness  
weekly chat/Facetime calls  
Downend/Sky floor/Rooms





## WEDNESDAY 11<sup>TH</sup>

9:00am/11:00am

Social interactions/Art  
workshop with Amy  
All floors/Main lounge

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2:15pm

Entertainment with  
musician Johnny Smyth  
Main lounge



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

10:30am

Day trip to M Shed/  
Music and Movement  
Bristol/Garden & Meadow lounge

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2:15pm

Music and Movement  
Ocean & sky lounge



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

9:00am/11:00am

Personalised activities/  
Visit from the Bristol  
Met School

All floors

2:15pm

The History of Radio and  
Episodes of The Archers  
Main lounge



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

10:30am

Valentines arts & crafts  
All floors

2:15pm

Entertainment by  
singer Claire  
Main lounge



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

9:00am/11:30am

Social Engagements/A  
Fine Dining Experience  
All Floors/Main Lounge

2:30pm

Activities Preparation  
Main lounge



## TUESDAY 17<sup>TH</sup>

10:45am/11:00am

Short visit to local  
Oriental Supermarket/  
Pancakes Trolley  
Eastgate/All floors

1:45/2:15/4:00/6:00pm

Short visit to Local  
shops/Chinese New  
Year Celebrations/Social  
Engagements/Facetime  
Calls  
Fishponds/Main lounge/Rooms





## WEDNESDAY 18<sup>TH</sup>

9:00am/10:30am

Social engagements/Play  
your cards right  
Rooms

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2:15pm

Entertainment with  
violinist Lawrence/  
Residents' & Relatives'  
meeting

Rooms/Main lounge



## THURSDAY 19<sup>TH</sup>

10:30am/10:45am

Seated exercise/  
Country Pub Lunch  
with scenic drive

Garden floor/Bristol

2:15pm

Bedside entertainment  
with guitarist Damien  
Rooms





## FRIDAY 20<sup>TH</sup>

9:00am/10:30am

Personalised Activities/  
Picture surveys  
Rooms

2:15pm

Creature Cuddles/  
Entertainment with singer  
josh

Rooms/Main lounge



## MONDAY 23<sup>RD</sup>

09:00am/10:00am

Wellness Weekly  
magazine/Social  
engagements  
All floors

2:15pm

Entertainment with  
singer Mike Nash  
Main lounge





## TUESDAY 24<sup>TH</sup>

10:45am/11:00am

Short trip to Page Park/  
Residents' surveys

Staple Hill/Rooms



1:45/2:15/4:00/6:00pm

Short trip to Local Shops/  
Our World in Pictures  
with Claire/Social  
engagements/Facetime  
calls

Downend/Main lounge/Bedrooms



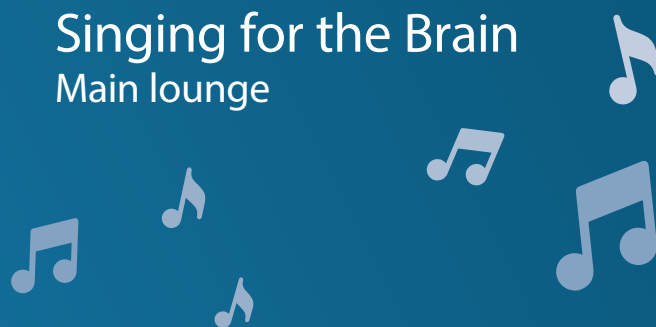
## WEDNESDAY 25<sup>TH</sup>

9:00am/10:30am

Social engagements/  
Oomph on Demand  
Rooms

1:30pm

Singing for the Brain  
Main lounge



## THURSDAY 26<sup>TH</sup>

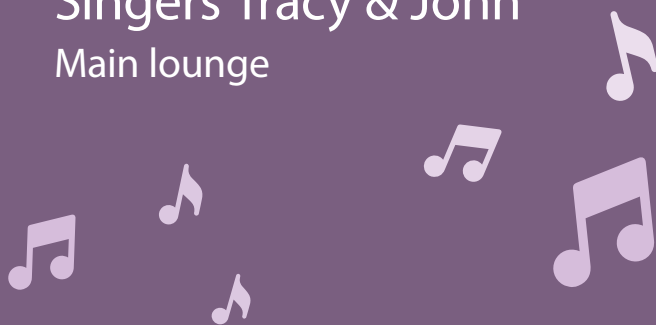
10:45am/11:00am

Day trip to 'We the curious' science centre/  
Holistic massage  
therapy with Tracy  
Bristol/Bedrooms

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2:15pm

Entertainment with  
Singers Tracy & John  
Main lounge



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## FRIDAY 27<sup>TH</sup>

9:00am/11:00am

Personalised activities/  
Visit from the Bristol Met  
School  
All floors

2:15pm

Entertainment with  
singing duo - It Takes  
Two  
Main lounge





SATURDAY 28<sup>TH</sup>

10:30am

Gardening session with  
Nataliia

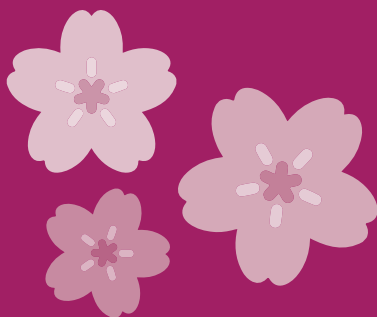
Garden Lounge

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2:00pm

Arts and crafts

Rooms





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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