

# Activities CALENDAR



Quarry House

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



MONDAY 9<sup>TH</sup>

International Womens'  
Day Celebrations over  
coffee

THURSDAY 19<sup>TH</sup>

Day trip to Chepstow  
Garden Centre

THURSDAY 26<sup>TH</sup>

Our World in Pictures with  
Claire



Hello,  
dear friend!

## **Welcome to our March Activities Calendar!**

March is the month of change in the UK – longer days, lighter evenings, and the first real hints of spring. It's a time for fresh starts, outdoor moments (coat still required!), and celebrating nature waking up after winter. You may notice daffodils in full bloom, with tulips just beginning to appear – a beautiful reminder of the changing season.

March is full of special days that bring a splash of fun and tradition. St Patrick's Day on the 17th is a highlight, celebrated with green decorations, music, dancing, and tasty Irish treats. On Sunday, 15 March, we celebrate all the wonderful mothers, past and present – a perfect opportunity for creating beautiful crafts, arranging fresh flowers, or baking cakes.

If you are new here, whether for a short stay or longer, we warmly welcome you and hope you are settling in well. Moving to a new home can be difficult, and we are here to support you and help you feel safe and comfortable.

Remember, we're always happy to hear your suggestions on how we can make your care even better. Just fill out the slip at the back of this booklet – we value your thoughts!

**We hope you have a wonderful and enjoyable month!**



## Meet the team

*Nataliia* - Head Housekeeper

Hello !

I came to Bristol three years ago after living in Kyiv, where I worked at the National Library of Ukraine. Moving to a new country was a big step for me, but it also opened the door to many new opportunities.

I've been part of Quarry House for the past three years. It was my very first job in Bristol—starting as a domestic assistant and now proudly working as the Head Housekeeper. Every day, my wonderful team and I do our very best to keep Quarry House clean and welcoming. But for us, it's not just about cleaning rooms. We truly enjoy talking with residents, learning about the things that interest them, and building warm relationships along the way.

I genuinely enjoy every aspect of my work. I love seeing the transformation of rooms and communal areas once we've finished, and I take great care in preparing rooms for new residents so they feel warm, comfortable, and at home. One of the things I value most about my role is

that I can connect my hobbies with my work—I particularly enjoy looking after the garden at Quarry House. It makes me happy when others appreciate the results. Outside of work, I love travelling around England and discovering beautiful new places. I'm also a proud mother of two wonderful children and a grandmother. I remember my very first visit to Quarry House so clearly. I sat near reception waiting to meet the supervisor, and I was surprised by the feeling of calm and comfort I experienced. In that moment, I knew this was my place—I wanted to be here.

The most rewarding part of my job is knowing that my work is truly needed and makes a positive difference.

My favourite motto is: "Never give up." What I appreciate most about Bristol Care Homes is the vibrant social life offered to residents.

I am very happy working at Quarry House and look forward to continuing here for the foreseeable future.

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

9:00/10:00/11:00am

Social Engagements/  
Variety sessions with  
Louisa/Exercise session  
with Physio Barny  
Rooms/Rooms/Main lounge

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2:15pm

Thinking music with Phil   
Main lounge



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

11:00am

G-Fitness/Holistic  
massage therapy with  
Tracey/Day trip for Lunch  
club at The Vassals  
Centre

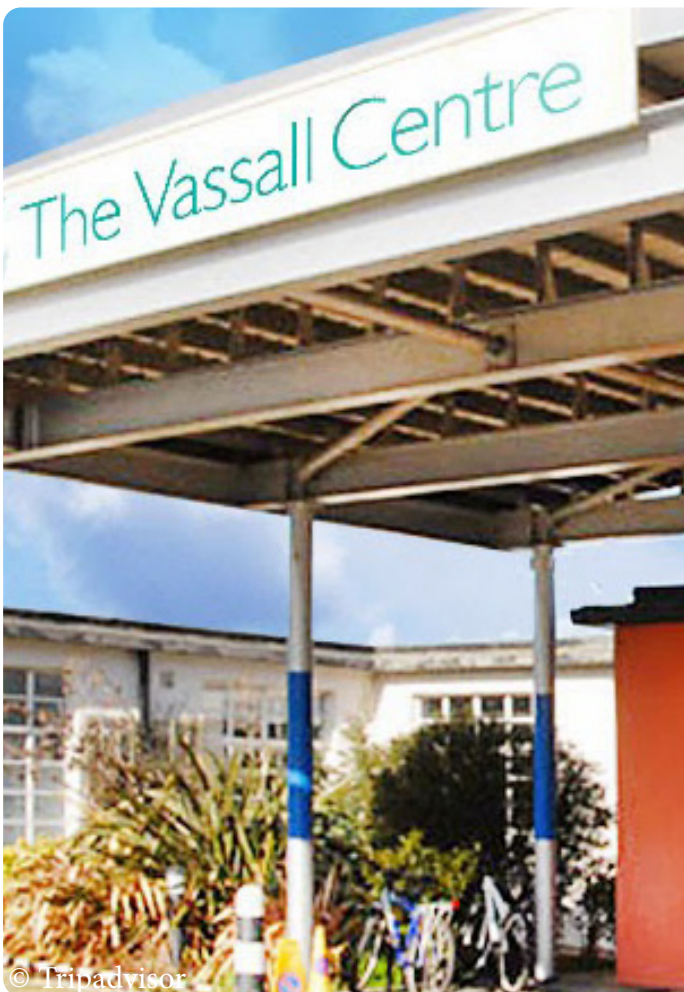
Garden lounge/Rooms/

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

Smoothie & Juice trolley/  
Puzzles/Face time calls

Garden lounge/Meadow lounge/  
Rooms



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

9:00/10:30am

Social Engagement/  
Walking club  
All floors



1:45pm

Choir & Prayer Group  
Main lounge



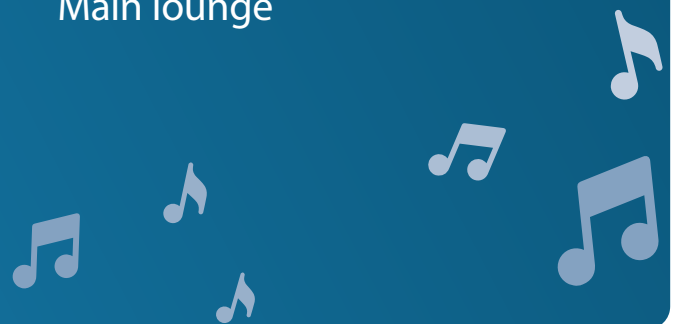
## THURSDAY 5<sup>TH</sup>

10:30/10:45am

Lavender bag making/  
Short trip to local Café  
Meadow lounge/fishponds

2:15pm

Entertainment with  
Spangles - singing duo  
Main lounge



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

9:00/11:00am

Social Engagement/  
Drumming circle with  
ALIVE/Visit from The Bristol  
Met School

Main lounge/All lounges/All  
floors

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2:15pm

Entertainment with singer  
Frankie Johns

Main lounge



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

10:30am

Sensory Support  
Session

Rooms

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2:15pm

Movie afternoon

Main lounge



MONDAY 9<sup>TH</sup>

9:00/10:30am

International Women's  
Day Celebrations over  
coffee

Main lounge

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2:15pm

Shopping Memory Game

Ocean lounge



TUESDAY 10<sup>TH</sup>

10:30am

Holistic massage therapy  
with Tracey/Visit from St.  
Josephs Pre School

Rooms/Rooms

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

Short trip to Avenue café/  
Comedy show on big  
screen/Quiz/Video calls

Emersons green/Main lounge/

Rooms/Rooms



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WEDNESDAY 11<sup>TH</sup>

9:00/11:00am

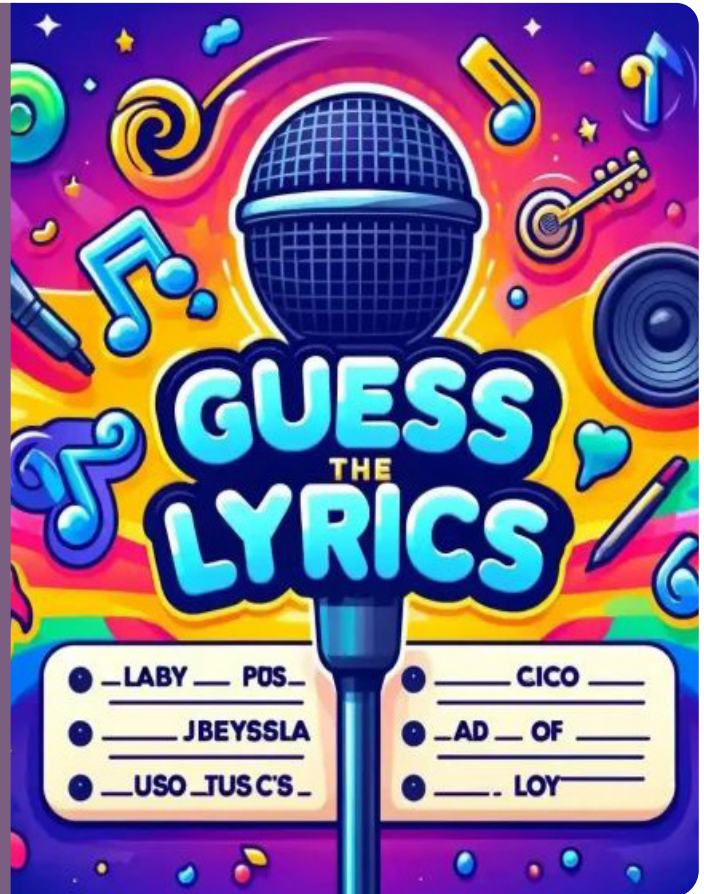
Skittles

Main lounge

2:15pm

Guess the lyrics!

Garden lounge



THURSDAY 12<sup>TH</sup>

10:30/10:45am

Arm chair exercise/Day trip to Frampton-on-Severn

Rooms/Frampton-on-Severn

2:15pm

Creature Cuddles

Main lounge



© Tripadvisor

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

9:00/11:00am

Social Engagement/  
Lullaby Circle - Mother  
and baby group/Visit  
from The Bristol MET  
school

Main lounge/All floors

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2:15pm

Superstitions & old wives  
tales

All floors



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

10:30am

Picture Surveys

Rooms

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2:15pm

Entertainment by  
ukulele player Ben

Main lounge



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

9:00/10:00/11:30am

Wellness weekly/Hymns  
& Praise/A Fine Dining  
Experience

All floors/Garden & Ocean/Main

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2:15pm

4 Leaf Clover for the  
Lucky Tree

All floors & reception



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

10:30am

Bus tour around Clifton/  
Arm chair travel to  
Ireland/Holistic massage  
therapy with Tracey  
Clifton/Main lounge/Rooms

1:45/3:30/6:00pm

Short trip to Mokka  
café/St Patrick's day  
celebration with Mini  
concert/Facetime time  
call  
Downend/Main lounge/Rooms



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

9:00/11:00am

Social Engagement/Art  
Workshop with artist  
Amy

Floors/Main lounge

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2:15pm

Music reminiscence

Ocean & Meadow



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

10:30/10:45am

Pampering session/  
Day trip to Chepstow  
Garden Centre

Rooms/Chepstow

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2:15pm

Entertainment with  
guitarist Justin Dash  
Main lounge





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

9:00/10:30am

Social Engagement/Short visit to The Bristol MET school for coffee

Floors/Local School

2:15pm

Entertainment with Harpist Julia

Main Lounge



## SATURDAY 21<sup>ST</sup>

10:30am

Gardening club with Nataliia

Garden lounge

1:45pm

Word Games

All floors



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

9:00/10:30am

Social Engagement/Smoothie & juice trolley

All floors/Ocean & Sky floors

2:15pm

Entertainment with singing duo Tracy & John

Main lounge





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

10:30am

Holistic massage therapy  
with Tracey/Short trip to  
Kemps Garden Centre  
All floors/Westerleigh

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

Short trip to Page Park/  
Games/Proverbs and  
Sayings/Face time calls  
Staple Hill/Rooms

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

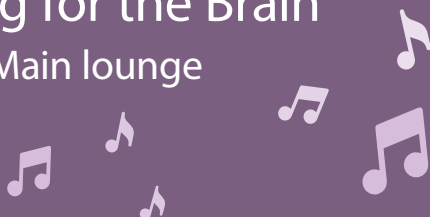
9:00/11:00am

Social Engagement/Silk  
painting  
Main lounge/Rooms

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2:00/2:00pm

Bedside entertainment  
with guitarist Damien/  
Singing for the Brain  
Rooms/Main lounge





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

10:30/10:45

Oomph-On-Demand/  
Day trip to Chew Valley  
Lakes

Rooms/Chew Valley

2:15pm

Our World in Pictures  
with Claire

Main lounge



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

9:00/11:00am

Visit from The Bristol  
MET school

All floors

16

54

2:15pm

Picture Bingo

Main lounge

22

03





## SATURDAY 28<sup>TH</sup>

10:30am

Giant Dominos

Sky lounge

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2:00pm

Nature Documentary on  
Big Screen

Main lounge



## MONDAY 30<sup>TH</sup>

9:00/10:30am

Social Engagement/  
Residents' meeting over  
coffee

All floors/Main lounge

2:15pm

Variety session with  
Louisa

Main lounge





TUESDAY 31<sup>ST</sup>

10:30am

Short trip to Eastville park/Holistic massage therapy with Tracey  
Eastville/Rooms

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

Short Bus tour around Bristol/Movie Afternoon/Name that tune /Facetime calls  
Sky lounge/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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