

Activities CALENDAR



Field House

bristolcarehomes.co.uk



MONDAY 6TH

**Short trip to Local
Garden Centre**

WEDNESDAY 15TH

**Art workshop with
artist Amy**

WEDNESDAY 22ND

**National Ice Cream
Day Celebrations**



Hello,
dear friend!

Welcome to our sporty and fun July edition!

We hope you are having a wonderful summer so far and have managed to enjoy some sunshine along the way.

Many of you may have been following the World Cup throughout June, and with the final fast approaching, the excitement is building. Will England have what it takes to go all the way? Time will tell!

If you're a sports fan, Wimbledon returns this month, bringing two weeks of world-class tennis and plenty of memorable moments. For those who enjoy entertainment and live music, the BBC Proms also begin in July. If you would like to listen, please speak to a member of staff who will be happy to help you tune in.

Quarry House got the summer celebrations off to a fantastic start with its Summer Fair in June. Now we have two more wonderful events for you, your family, and friends to enjoy: Glebe House on Saturday 18th July and Beech House on Saturday 25th July.

We wish you a happy, enjoyable, and memorable month ahead.



Meet the team

Marius - Head Chef

Hello!!!

I'm a professional chef, originally from Romania with a varied and rewarding career that's taken me through restaurants, hotels, cruise ships, schools, nurseries, pubs, and care homes. Over the years, I've had the privilege of managing everything from high-end private dining experiences to large-scale events.

I've now been with Bristol Care Homes for nearly 18 years, currently working as Head Chef at Field House, started my journey from Glebe House. It's a role I take great pride in, and one that still keeps me learning and growing every day.

Despite all the different kitchens I've worked in, my absolute favourite way to cook is simple: a relaxed barbecue with family and friends. Good food, good company, and a great atmosphere.

Outside of work, I'm naturally curious about the bigger questions in life. I enjoy exploring topics like physics and astrophysics, astrobiology, consciousness, psychology, religious studies, human relationships, and even a bit of ufology. I'm always keen to learn something new or see things from a different perspective.

I also enjoy keeping up with new technology, trying out the latest gadgets, and getting stuck into the occasional gardening or DIY project. When I'm winding down, you'll often find me listening to music or podcasts, watching documentaries, or enjoying a bit of stand-up comedy.

In my free time, I love travelling, camping, going to live concerts, or—if I'm really in my element—hosting a barbecue. Hopefully one day, I'll get to share one with you too.

WEDNESDAY 1ST

10:30am

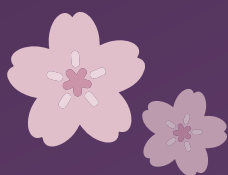
Short trip to Local café of residents' choice

Horfield

2:00pm

Garden activities

Garden



© Tripadvisor

THURSDAY 2ND

10:30am

Picture survey

Rooms

2:00pm

5 Things About Me

Rooms



FRIDAY 3RD

10:30/11:00am

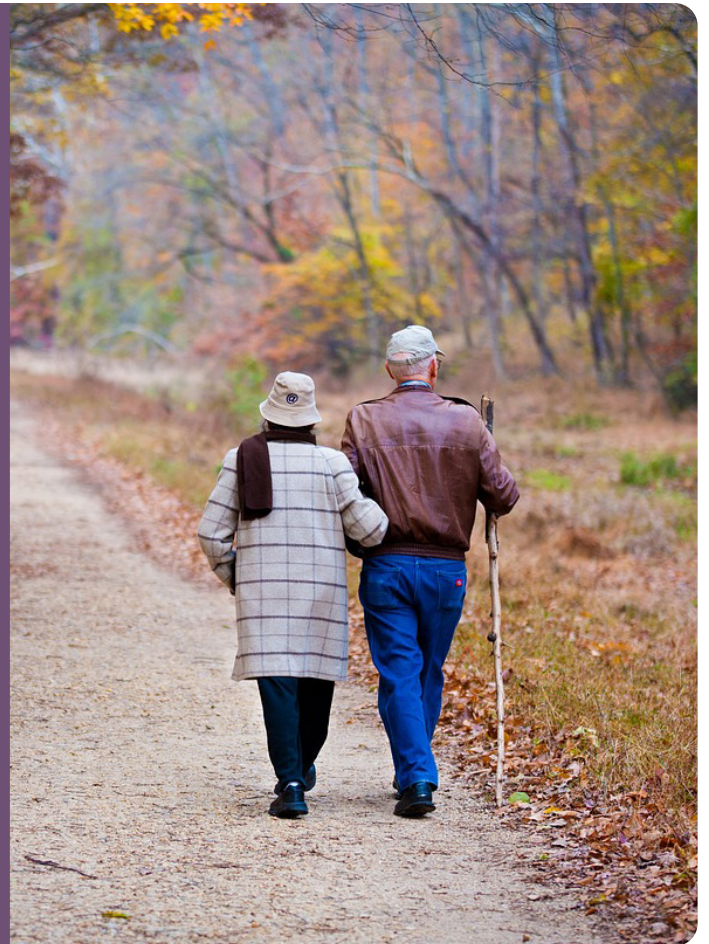
Social engagement

Rooms/Garden

2.00pm

Walking pals

Garden



SATURDAY 4TH

11:00am

Day trip with Jeremy of residents' choice

Bristol



MONDAY 6TH

10:30am

Short trip to Local Garden Centre

Bristol

2:00pm

Music quiz with Sam & Tracey

Main lounge



© Tripadvisor

TUESDAY 7TH

2.00pm

Residents' meeting Rooms

4:00pm

Shop trolley on wheels/Relaxing manicures

Lounge/Rooms



WEDNESDAY 8TH

10:30am

Short trip to Lockleaze Hub

Lockleaze

2:00pm

Garden activities with Sam

Garden



© Bristol Live



THURSDAY 9TH

10:30am

Social interactions

Rooms

2.00pm

Gardening fun with Tracey

Garden



FRIDAY 10TH

10:30am

5 Things About Me

Rooms

2:00pm

Fun bingo

Dining room

16

54

22

03



SATURDAY 11TH

10:30am

Pride Day Festival with Jeremy

Bristol

2:00pm

Garden activities

Garden



© Bristol Live





MONDAY 13TH

10:30am

**Entertainment with
guitarist Phil**
Rooms

2:00pm

Social engagement
Rooms



TUESDAY 14TH

11:00am

**Variety session with
Louisa from Alive**
Rooms

2:00pm

**Variety session with
Louisa from Alive**
Main lounge





WEDNESDAY 15TH

10:30am

**Short trip to
Lockleaze Hub**

Lockleaze

2:00pm

**Art workshop with
artist Amy**

Dining room



THURSDAY 16TH

9:00am

Social engagement

Main lounge

2:00pm

**Garden activities
with Tracey**

Garden





FRIDAY 17TH

10:30am

Social engagement
Rooms

2:00pm

Cheese and wine
tasting
Main lounge



SUNDAY 19TH

11:00am

Trip with Jeremy of
residents' choice
Bristol

08:00pm

World Cup Final
watching
Lounges



FA WORLD CUP
UNITED STATES - CANADA - MEXICO

MONDAY 20TH

10.30am

**Short trip to Local
café of residents'
choice**

Lockleaze

2.00pm

**Entertainment with
singer Chris Auburn**

Main lounge



TUESDAY 21ST

2:00pm

**Entertainment with
violinist Lawrence**

Lounge

6.00pm

Relaxing manicures
Rooms



WEDNESDAY 22ND

10.30am

Short trip to ten pin bowling

Cribbs Causeway

2.00pm

National Ice Cream Day Celebrations

All floors



THURSDAY 23RD

10:30am

Social engagement

Rooms

2:00pm

Entertainment with singer & guitarist John

Main lounge



FRIDAY 24TH

11:00am

**Holistic massage
therapy with Tracey**
Rooms

2:00pm

Fun bingo
Dining room



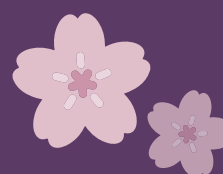
SATURDAY 25TH

10:30am

5 Things About Me
Rooms

2:00pm

Walking pals
Rooms



MONDAY 27TH

10.30am

**Short trip to Local
café of residents'
choice**

Horfield

2.00pm

Seated exercise 

Main lounge



TUESDAY 28TH

11.00am

**Lullaby Circle - Mother
and baby group**

Main lounge

2.00pm

**Entertainment with
singer Shannon**

Main lounge



WEDNESDAY 29TH

10.30am

**Short trip to local
shops**

Lockleaze

2.00pm

**Communion Service
with Margaret**

Main lounge



THURSDAY 30TH

10.30am

5 Things About Me
Rooms

2.00pm

**Entertainment with
magician Steve**
Main lounge



FRIDAY 31ST

10:30am

5 Things About Me
Rooms

2:00pm

**Seated exercise with
Tracey**
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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