

Activities CALENDAR



Beech House

bristolcarehomes.co.uk



THURSDAY 1ST

Day trip to Warmley
Wheelers

WEDNESDAY 14TH

Variety session with
Louisa

SATURDAY 31ST

Halloween film

Hello, dear friends!



Welcome to our autumn edition!

As the autumn leaves begin to turn and the air grows crisp, we're delighted to welcome you to another month filled with meaningful moments, laughter, and togetherness. October brings cosy traditions and seasonal celebrations, from harvest time and autumn festivities to the excitement of Halloween. It's a wonderful season for gathering, sharing stories, and enjoying the comforts of home.

This month, our activities have been carefully planned to embrace the beauty of the season, with warming coffee mornings, creative arts and crafts, themed events, musical entertainment, gentle exercise sessions, and opportunities to spend quality time with friends, family, and our dedicated team.

October is also a wonderful time to reflect on the changing seasons and appreciate the little things that bring us happiness. Whether it's enjoying a warm drink with friends, listening to favourite music, sharing memories, or taking part in a new activity, we hope this month's programme offers plenty of opportunities to stay active, connected, and inspired.

As always, our aim is to create enjoyable, engaging, and meaningful experiences that celebrate individual interests, encourage connection, and support wellbeing. Whether you're trying something new or enjoying a favourite activity, we hope there is something for everyone to look forward to.

Thank you for being such an important part of our community. Together, we look forward to a month filled with friendship, fun, and many cherished memories.

We hope you have a wonderful month ahead.



Meet the team

Zuzana - Senior carer

Hello!

My name is Zuzana, and I'm originally from the Czech Republic. I moved to England 13 years ago and am a proud mum of four wonderful children. Before joining the care sector, I worked as a nursery school teacher. I never imagined that I would find such happiness & fulfilment working with older people, but caring for others has always been a big part of who I am.

I have been part of the Beech House family for the past 10 years and currently work as a Senior Carer. I am incredibly proud to work here and would like to say a big thank you for all the support, encouragement and opportunities I have received over the years. Being part of such a caring and dedicated team means a great deal to me.

One thing that makes my role even more rewarding is being able to speak

five languages. On several occasions, I have been able to help residents who do not speak English, making them feel more at ease and helping them communicate more comfortably.

Outside of work, I enjoy going to the gym, running, spending time with my family and friends, and volunteering as a teacher for the Czech & Slovak Community and School Bristol CIC. I truly love what I do, and I believe that shines through in my work every day. My favourite saying is:

"If you love what you do, you'll never work a day in your life."

For me, that couldn't be more true. Caring for others is more than a job, it's something I genuinely love, and I feel very lucky to be able to do it every day.

THURSDAY 1ST

10:30/11:00am

Day trip to Warmley wheelers/Word games

Warmley/Conservatory

2:30/6:30pm

Desert Island Discs/Poetry & refreshments

Conservatory/Front lounge



© Tripadvisor

FRIDAY 2ND

10:15/11:30am

Walking club/Keep fit

Local area/Conservatory

2:30pm

The Price is Right

Conservatory



SATURDAY 3RD

11:00am

Coffee morning & Today in History

Conservatory

2:30pm

Saturday matinee

Front lounge



SUNDAY 4TH

11:00am

Songs of Praise & coffee

Front lounge

2:30pm

Social engagements

Rooms



MONDAY 5TH

10:15/10:30/11:30am

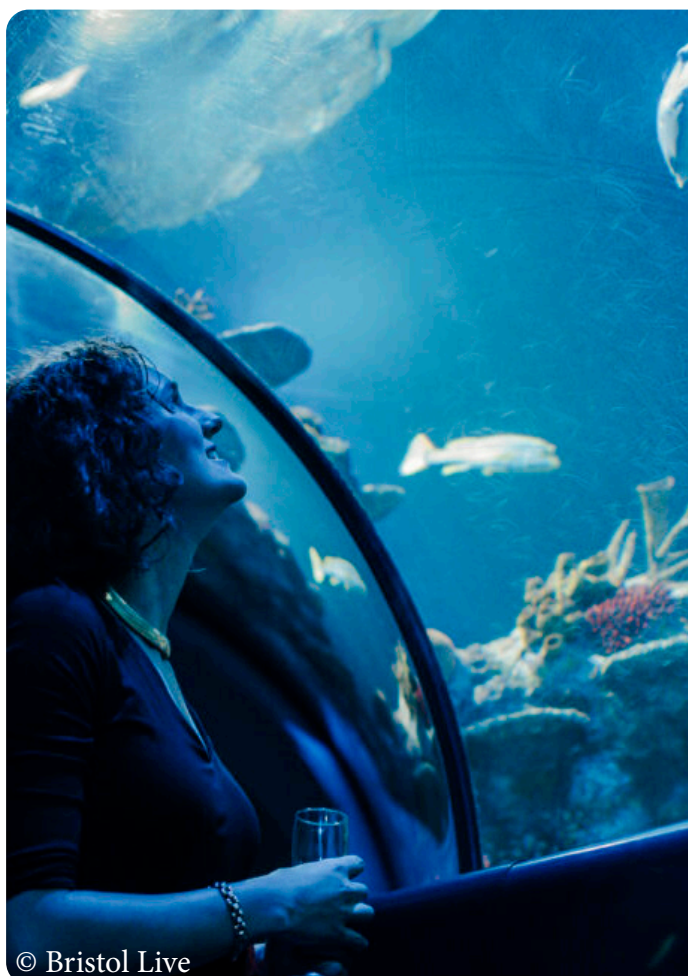
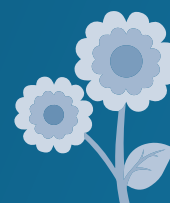
Walking club/Trip to Bristol Aquarium/ Morning stretch

Bristol/Chepstow/
Conservatory

2:30pm

Word games

Conservatory



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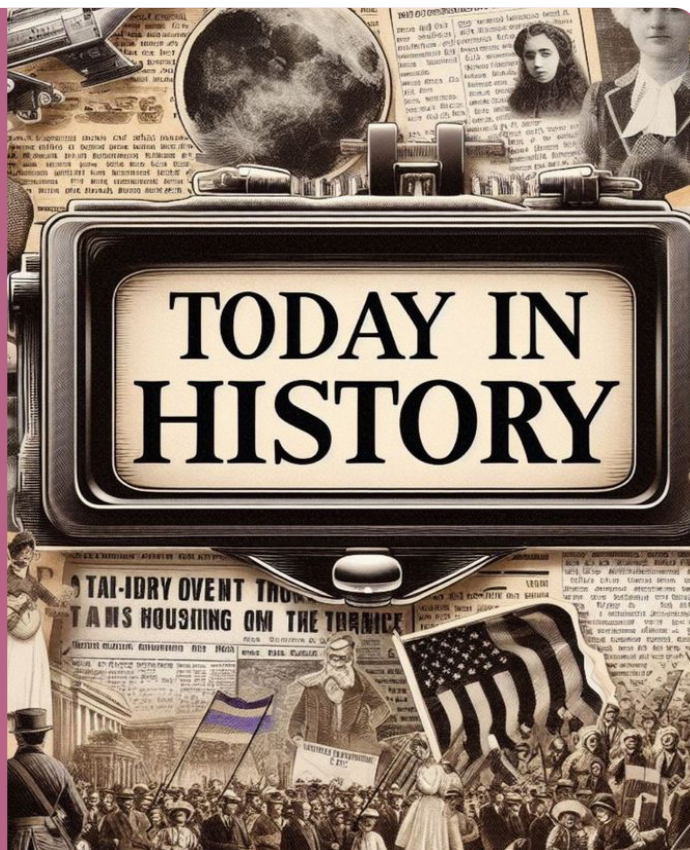
TUESDAY 6TH

11:00am

**Coffee morning &
Today in History**
Conservatory

2:30pm

Skittle & boules
Conservatory



WEDNESDAY 7TH

9:30/11:00am

**Shop & chat/Fun
fitness**

Around the home/
Conservatory

1:15/2:30pm

**Variety session with
Louisa/Pamper
session**

Poplars/Conservatory



THURSDAY 8TH

10:30/11:00am

Day trip to Gloucester Cathedral/Gardening club

Gloucester/Garden

2:30/6:30pm

**Museums to You/
Cheese & wine tasting**

Conservatory/Front lounge



FRIDAY 9TH

10:15/11:30am

**Walking club/
Movement to music**

Local area/Conservatory

2:30pm

**Entertainment from
singer Andy T**

Conservatory



SATURDAY 10TH

11:00am

Coffee morning & Today in History

Conservatory

2:30pm

Video quiz

Front lounge



SUNDAY 11TH

11:00am

Sunday service & coffee

Front lounge

2:30pm

Social engagements

Rooms



MONDAY 12TH

10:15/10:30/11:30am

Walking club/Short trip to Thornbury High Street/Fun fitness

Local area/Thornbury/Conservatory

2:30pm

Guess the flavour - tasting quiz

Conservatory



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TUESDAY 13TH

11:00am

Coffee morning & Today in History

Conservatory

2:30/6:30pm

Our World in Pictures with Claire/ Team quiz

Front lounge



WEDNESDAY 14TH

11:00am

Variety session with Louisa

Conservatory

2:30pm

Giant snakes & ladders

Front lounge



THURSDAY 15TH

10:30/11:00am

**Day trip to Yate
Shopping Centre/
Flower arranging**

Yate/Conservatory

2:30/6:30pm

**Music from singer
Rebecca/World Food
Day presentation &
tasting**

Conservatory/Front lounge



FRIDAY 16TH

11:00am

**Sparkle Day for Brain
Tumour Support**

Conservatory

2:30pm

**Entertainment with
singer Shannon**

Conservatory



SATURDAY 17TH

11:00am

Coffee morning & Today in History

Conservatory

2:30pm

Entertainment from Mini Concerts

Conservatory



SUNDAY 18TH

2:30pm

Social engagements

Rooms

11:00am

Songs of Praise & coffee

Front lounge



MONDAY 19TH

10:15/10:30/11:00am

Walking club/Day trip to tenpin bowling/Art workshop with artist Amy

Local area/Cribbs Causeway/Conservatory

2:30pm

Word games

Conservatory



TUESDAY 20TH

11:00am

Coffee morning & Today in History/Knit & natter

Conservatory/Front lounge

2:30pm

Music & magic with Steve

Conservatory



WEDNESDAY 21ST

9:30/11:00am

Shop & chat/The History of Halloween

Around the home/
Conservatory

1:15/2:30pm

Variety session with Louisa/ Halloween party

Poplars/Conservatory



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THURSDAY 22ND

10:30/11:00am

Day trip to Westonbirt Arboretum/Coffee morning

Westonbirt/Conservatory

2:30pm

Churches Together service

Conservatory



FRIDAY 23RD

11:00am

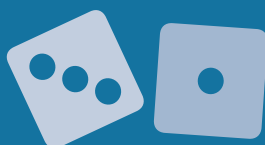
Keep fit in the pink (for Wear it Pink Day)

Conservatory

2:30pm

Floor games

Conservatory



WEAR IT
PINK

BREAST
CANCER
NOW The research &
support charity

WHY WEAR
IT PINK?



SATURDAY 24TH

11:00am

Coffee morning & Today in History

Conservatory

2:30pm

Entertainment from singer Ian James

Conservatory



SUNDAY 25TH

11:00am

Sunday service & coffee

Front lounge

2:30pm

Social engagements

Rooms



MONDAY 26TH

10:15/10:30/11:30am

Walking club/Day trip to Oakham Treasures/Morning exercise

Portbury/Bristol/Conservatory

2:30pm

Residents' meeting

Conservatory



© Bristol Live

TUESDAY 27TH

10:00/11:00am

**Holistic massage
therapy with Tracey/
Coffee morning &
Today in History**

Around the home/
Conservatory

2:30/6:30pm

**Violin & vocals/Men's
club**

Conservatory/Front lounge

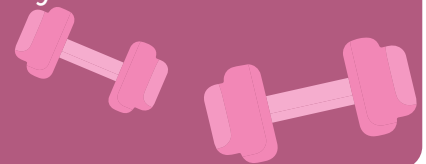
WEDNESDAY 28TH

11:00am

Morning fitness
Conservatory

2:30pm

Pamper session
Conservatory



THURSDAY 29TH

10:30/11:00am

**Day trip for We the
Curious/Pumpkin
carving**

Bristol/Conservatory

2:30/6:30pm

**Bingo fun/Halloween
presentation & quiz**

Conservatory/Front lounge



FRIDAY 30TH

10:15/11:30am

Walking club/ Morning exercise

Local area/Conservatory

2:30pm

Reminiscence afternoon

Conservatory



SATURDAY 31ST

11:00am

Coffee morning & Today in History

Conservatory

2:30pm

Halloween film

Front 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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