



On The Grove Grapevine this March

Hello and welcome to March's newsletter.

We celebrated pancake day in February with homemade pancakes with lashings of lemon juice and sugar, a real childhood favourite. During February and March some refurbishment work is taking place in the office area with storage areas being spruced up and reorganised so you may hear the odd bit of drilling at times.



Amy Price is a Solihull based vintage vocalist who will be coming to The Grove on **Monday 16 March** to entertain us with songs from the 1940s and 1950s.

Amy will be here from 10.30am so get your singing voices ready to join in!

Michelle and Jayne will be running a Dementia Workshop on **Thursday 26 March** at 6pm. It's a chance to learn more, share experiences and understand the impacts of dementia on loved ones and others.

Do let us know if you'd like to attend.



£10 donation per person for attendance
If you have any questions / areas for discussion - please give to the office prior to the meeting

LIGHT REFRIMENTS AVAILABLE
WHAT IS DEMENTIA?
HOW DOES IT AFFECT OUR LOVED ONES?
HOW IT AFFECTS OTHERS
DISPELLING THE MYTHS
SAFE SPACE TO DISCUSS MANY MATTERS PERTAINING TO DEMENTIA



Have you seen our new welcome sign in the entrance yet?

Days we are celebrating this month

15th March



17th March



What's On in March

We have regular activities with Karen and Steve like quizzes, puzzles, bingo, crafts and cake decorating for you to get involved with. Here are the dates where people are coming in to The Grove to provide some mental and physical stimulation:

2 March	4 March	5 March	10 March	16 March
Tai Chi with Augustine 2.00 – 2.45	Crafts with Tara 9.30 - 10.30 Chiropodist 9.30 – 3.30 Charges apply	Exercise with Chloe 10.00 – 10.45	Exercise & Motivation with Emma 2.00 – 2.45	Tai Chi with Augustine 2.00 – 2.45
18 March	19 March	20 March	24 March	30 March
Church service 10.00 – 10.45	Exercise with Chloe 10.00 – 10.45	Exercise with Chloe 10.00 – 10.45	Exercise & Motivation with Emma 2.00 – 2.45	Tai Chi with Augustine 2.00 – 2.45

Activities we've enjoyed together



Be my Valentine?
We had a great time
decorating hearts to celebrate
Valentine's Day





A bit of music therapy and Tai Chi with Augustine



Trying out a new ball game with green trousers. The Baggy Trousers Game? Suggestions on a postcard, please

