

# WHAT'S ON



**Birtley**  
House

## JANUARY HIGHLIGHTS

Friday	2 <sup>nd</sup>	Music requests from the Musicals
Monday	5 <sup>th</sup>	New Year, New you. Pamper afternoon
Friday	9 <sup>th</sup>	Music with Kevin Jacot
Wednesday	14 <sup>t</sup>	'Tales of Beatrix Potter' starring The Royal Ballet
Wednesday	21 <sup>st</sup>	Music and Songs with Matthew
Thursday	22 <sup>nd</sup>	DVD 'Royal Palaces' Part 3
Friday	23 <sup>rd</sup>	'Senses of Scotland'
Monday	26 <sup>th</sup>	Poems for Burns Night
Wednesday	28 <sup>th</sup>	Holy Communion with Liz Tilley
Friday	30 <sup>th</sup>	New Entertainer 'Chris'

Highlights are in addition to our week day activities at 2.30  
p.m.

# 2026 JANUARY PLANNER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> COMEDY 'UNCLE BUCK' 	<b>2</b> MUSIC REQUESTS FROM THE MUSICALS 
<b>5</b> 2.30PM NEW YEAR, NEW YOU. PAMPER AFTERNOON 	<b>6</b> ONE -TO- ONE 	<b>7</b> 2.30PM TRAIN YOUR BRAIN 	<b>8</b> 2.30PM EYES DOWN BINGO 	<b>9</b> PIANO WITH KEVIN JACOT 
<b>12</b> MOVE FOR MONDAY 	<b>13</b> SENSORY GAME 	<b>14</b> 'TALES OF BEATRIX POTTER' 	<b>15</b> VISUAL QUIZ ON THE BIG SCREEN 	<b>16</b> FILM FRIDAY 
<b>19</b> INDOOR GAMES 	<b>20</b> COLOUR BY NUMBERS 	<b>21</b> MUSIC AND SONGS WITH MATTHEW 	<b>22</b> 'DVD ROYAL PALACES' PART 3	<b>23</b> 'SENSES OF SCOTLAND' 
<b>26</b> POEMS FOR BURNS NIGHT 	<b>27</b> DANCERCISE WITH HOLLI 	<b>28</b> 2.15 HOLY COMMUNION WITH REVD LIZ TILLEY 	<b>29</b> ONE TO ONE 	<b>30</b> NEW ENTERTAINER 'CHRIS'



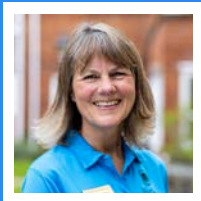
# WELLBEING AT BIRTLEY HOUSE

PLUS WE HAVE OUR REGULAR VISITING SPECIALISTS AND THERAPISTS.  
PROVIDING INDIVIDUAL SESSIONS TAILORED TO YOUR NEEDS.  
PLEASE NOTE THAT BOOKING IS REQUIRED VIA RECEPTION



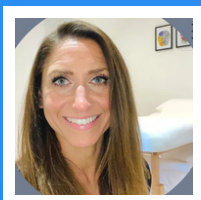
## CHAPLAIN REVEREND LIZ TILLEY

We have a dedicated Chaplain Liz Tilley, who visits twice weekly and gets to know our residents well to be able to support them emotionally and spiritually wherever needed. She also provides monthly religious services for the home congregation.



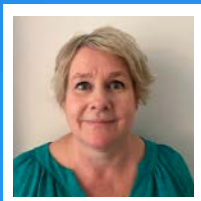
## PHYSIO WITH JANET OR BECCA

Many of our residents benefit from weekly physiotherapy sessions which include walking re-education, strengthening and balancing exercises. Physio takes place wherever best suits the resident: in their room, the dedicated physio area, or the gardens. The sessions are found to be extremely beneficial for improving and maintaining a resident's mobility. Residents enjoy immense satisfaction from improvements and their resulting growth in confidence.



## HAIRDRESSING WITH LISA

Lisa has an on-site salon area where she offers a range of hairstyling options including styling, cuts, wash sets and blow-drys; regardless of whether the hair do is for a special occasion or just because, creating a look can make our residents feel beautiful and uplift spirits and confidence.



## FOOTCARE WITH NEAT FEET

Neat Feet services are delivered by April and Emma, both qualified Foot Health Practitioners who bring a wealth of knowledge and experience. April's 20 years as a registered nurse and Emma's experience in Occupational Therapy ensures that you will receive compassionate and personalised attention during their visits.



## EVERYONE WELCOME!



### BIRTLEY HOUSE - DRAWING ROOM

News & natter mornings held regularly  
10 a.m. to 11 a.m.



### BIRTLEY HOUSE - CAFÉ 39

Open every  
Weekday between 10 a.m. and 5 p.m.  
Weekends between 10 a.m. and 4 p.m.



### ALWAYS AVAILABLE

Puzzles and magazines,  
table football plus art easel

