



Birtley
House

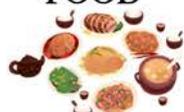
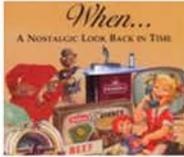
WHAT'S ON

MARCH HIGHLIGHTS

Monday	2 nd	Residents' Music Requests
Tuesday	3 rd	Dancercise with Holli
Friday	6 th	Andrew Lloyd Webber Celebration
Monday	9 th	Sensory Reminiscence with Heather
Tuesday	10 th	Games and Puzzles
Monday	16 th	Holy Communion
Tuesday	17 th	Picture Quiz 'Guess the Food'
Wednesday	18 th	NAPA Global Tea Party with entertainment from Matthew and his Ukulele
Monday	23 rd	Let's Get Crafty
Wednesday	25 th	Seated Exercises
Thursday	26 th	Singer Jamie
Monday	30 th	Graham and His Prickly Friends
Tuesday	31 st	Remembering the 1950's

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

2026 MARCH ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>RESIDENTS' MUSIC REQUESTS</p> 	<p>3</p> <p>DANCERCISE WITH HOLLI</p> 	<p>4</p> <p>SENSORY GAME</p> 	<p>5</p> <p>WELLNESS VISITS</p> 	<p>6</p> <p>ANDREW LLOYD WEBBER CELEBRATION</p> 
<p>9</p> <p>SENSORY REMINISCENCE WITH HEATHER</p> 	<p>10</p> <p>GAMES & PUZZLES</p> 	<p>11</p> <p>BINGO</p> 	<p>12</p> <p>MUSIC & MOVEMENT</p> 	<p>13</p> <p>FRIDAY FILM</p> 
<p>16</p> <p>2:15PM COMMUNION</p> 	<p>17</p> <p>PICTURE QUIZ 'GUESS THE FOOD'</p> 	<p>18</p> <p>NAPA GLOBAL TEA PARTY WITH ENTERTAINMENT FROM MATTHEW AND HIS UKULELE</p>	<p>19</p> <p>NUTRITION AFTERNOON</p> 	<p>20</p> <p>FITNESS FRIDAY</p> 
<p>23</p> <p>LET'S GET CRAFTY</p> 	<p>24</p> <p>UKE N' SING</p> 	<p>25</p> <p>SEATED EXERCISES</p> 	<p>26</p> <p>SINGER JAMIE</p> 	<p>27</p> <p>TRAIN YOUR BRAIN</p> 
<p>30</p> <p>GRAHAM AND HIS PRICKLY FRIENDS</p> 	<p>31</p> <p>LOOKING BACK AT THE 1950'S</p> 			



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

