

Connecting older people in communities that care.

New Forest Live at Home

6 Fridays Court, Ringwood. BH24 1AB. 07483 112138



June
Ringwood

2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3 1:30pm Singing For Wellbeing	4	5 10-1pm Open Sight Drop In 1pm Natter & Platter	6	7 1:30pm Music is Medicine	8	9
10 1:30pm Singing For Wellbeing	11 1pm Pub Lunch- Ringwood	12	13	14	15	16
17 1:30pm Singing For Wellbeing	18	19 Day Trip- Oceanarium	20	21 1:30pm Music is Medicine	22	23
24 1:30pm Singing For Wellbeing	25	26 12:30pm Pub Lunch - Lymington	27	28	29	30

Notes:

Activities:

- **Pub Lunch Ringwood-** With the team at the Fish Inn, Ringwood. Main, ice cream and tea/coffee in this lovely traditional pub next to the river. **Contribution= £11**
- **Pub Lunch Lymington-** With the team at The Borough Arms, Lymington. Carvery style main, dessert and tea/coffee. **Contribution= £11** **Travel to this Pub Lunch will only be provided if a minibus can be filled.**
- **Open Sight Drop In.** Come and meet the great Open Sight Team in our office. Open Sight provides support to people of any age living with a visual impairment. Speak to the team if you would like us to arrange a home visit by their team.
- **Music Is Medicine.** Members find this to be relaxing way to meet others in the lovely setting of Greyfriars. No experience necessary, all percussion is supplied. Refreshments included. **Contribution= £5**
- **Singing For Wellbeing.** Back in Greyfriars members enjoy a nostalgic singing group, with gentle guitar playing and fun breathing exercises. Come and share the songs you used to sing or enjoyed listening to. Especially beneficial for members living with breathing difficulties, recovering a stroke or living with memory issues. No experience necessary. Refreshments included. **Contribution= £5**
- **Day Trip, Oceanarium-** Marvel at fascinating creatures from above and below the waves! Come face to face with sharks, turtles, stingrays, a crocodile, jellyfish, clownfish and the very cute otter family.
Fall head over flippers in love and waddle with playful Humboldt penguins whilst getting up close and personal with inquisitive Inca terns. **Contribution £18**
- **Natter & Platter-** Come to our office and join us for an afternoon of Natter & Platter. The afternoon offers a range of stimulating activities, friendship and a chance to have a good natter over a platter. **Contribution= £5**
- **O.A.P- Online And Painless- Would** you like to try buying your groceries online? Looking something up on Google? Maybe you have a gadget you are struggling to use? Would you like to be able to video call with family? We are trained with Learn My Way to offer 1:1 computer lessons at your pace with a nice cuppa. We can do this anywhere with a Wifi connection.

For an additional contribution we can arrange transport to help you get to our groups, simply fill in your booking form and get it back to the team.

Member Draw.

What's better than chocolate digestives?... Chocolate digestives with money inside!! This prize has been kindly donated by a lovely member in Totton. The draw will take place during the last group of the month, Lymington's Pub Lunch. All money raised goes towards keeping your great scheme going. Buy your tickets for £1 per strip; write how many strips you would like on your booking form and enclose the money with your contributions.

