ROKEWOOD COURT
CINNAMON LUXURY CARE

Weekly Events

MONDAY

A MORNING SESSION
Ball Games for the Second Floor
SECOND FLOOR LOUNGE
Catch, skittles, tenpin and parachute ball games in the lounge for our dementia community.

11:00am
Seated Exercises with our Physiotherapist
FIRST FLOOR LOUNGE
Join our physiotherapist Ileana for her weekly seated exercise session.

2:30pm
Trip out to Chelsham Knights Cafe
MINIBUS TRIP
Join Chris for a minibus trip to Chelsham Knights for coffee and cake.

3:00pm
Pot Gang on the Patio
GROUND FLOOR PATIO
It's time for more planting with our 'Pot Gang' seeds - Pak Choi, Rocket & Thai Basil

TUESDAY

ALL DAY
One to One Wellbeing Chats
AROUND THE HOME
The wellbeing team will be having one to one chats with residents throughout the day.

11:00am
Church Service in the Lounge
FIRST FLOOR LOUNGE
A very simple Christian service - 3 hymns, 1 short reading & the Lord's Prayer. Please join us.

2:00pm
Garden Walks & the Sweet Shop Experience
ROKEWOOD GARDEN
Have a walk/sit in our lovely garden and pop into Rokewood's very own retro sweet shop.

3:00pm
Singalong with Chris
SECOND FLOOR LOUNGE
Chris and his guitar with the songs of the '50s - Elvis & Everly Brothers a must!

WEDNESDAY

A MORNING SESSION
Seated Exercise for the Second Floor
SECOND FLOOR LOUNGE
A seated exercise session to music with Sharon.

11:00am
Chair Yoga with Veronica
FIRST FLOOR LOUNGE
Join Veronica for her yoga session in the lounge. "We're happy, we're strong, we're loved & we're at peace".

2:00pm
Babyboppers - Rhymetime and Bubbles
FIRST FLOOR LOUNGE
Here generations will meet in song and bubbles! Hosted by Sam from Bella and Boo.

3:15pm
Library Hour in the Lounge
FIRST FLOOR LOUNGE
Chris, a librarian of 35 years, will be talking you through Rokewood's book collection - what's your favourite?

THURSDAY

A MORNING SESSION
Art for Mindfulness for the Second Floor
SECOND FLOOR LOUNGE
Mindfulness with pattern colouring to gentle music with felts and pencils.

11:00am
Drumtastic - drumming with music & movement
FIRST FLOOR LOUNGE
Drumtastic enhances motor skills, coordination and focus, plus it's a stress reliever and mood booster.

2:00pm
Reminiscence Session
GROUND FLOOR LOUNGE
Look through some old items - ration book, identity card, old posters and coins. Hosted by Chris.

3:15pm
Barry Stevens Live In Concert
FIRST FLOOR LOUNGE
Direct from Las Vegas, Barry Stevens is back due to popular demand, with his wide selction of songs.

FRIDAY

ALL DAY
Hairdresser
ROKEWOOD SALON
Book your session with Claire who will be in our salon all day.

11:00am
Amy's Sound Bath with Crystal Singing Bowls
FIRST FLOOR LOUNGE
Soothing tones & vibrations which encourage relaxation. Reduces stress & improves mood for emotional wellbeing

2:00pm
'The World this Week' - Topical Discussion
GROUND FLOOR LOUNGE
Sit and discuss this week's news with Sharon in the lounge.

3:15pm
Happy Hour with Bingo + Crossword OT Board
FIRST FLOOR LOUNGE
Enjoy a gin and tonic whilst playing Bingo, plus a game of 'Crossword on the Board'.

SATURDAY

ALL DAY
Ground Floor Patio and First Floor Balcony
GF PATIO & FF BALCONY
Relax on our ground floor patio or first floor balcony with a book/newspaper whilst enjoying a tea/coffee.

11:00am
'Love to Move with Morven'
FIRST FLOOR LOUNGE
Morven delivers her monthly seated exercise session with games to get your mind whirring too.

2:30pm
The Saturday Matinee 'Some Like it Hot'
ROKEWOOD CINEMA
Enjoy the cinema experience with the classic Marilyn Monroe movie from 1959.

ALL DAY
Scrabble and Board Games in the Cafe
GROUND FLOOR CAFE
Play Scrabble or Rummikub in the cafe whilst enjoying a tea/coffee and pastry.

SUNDAY

10:30am
Livestream from All Saints Church
FIRST FLOOR LOUNGE
Watch the local church service from All Saints, Kenley, streamed via Youtube on the TV screen.

ALL DAY
Books available in all lounges
ALL LOUNGES
Relax with a book in the lounge. The Home Library Service is available for any interested residents.

ALL DAY
Movies in the Cinema
ROKEWOOD CINEMA
Enjoy the cinema experience with a wide range of DVDs and some films on Netflix and Prime. Ask the care team

3:00pm
'Who do You Think You Are?' Family Trees
FIRST FLOOR LOUNGE
Trace your family tree with the Ancestry website on the laptop, with the care team.