

## CARRICKFERGUS MANOR

### February Entertainment

- Monday 1<sup>st</sup> - National Dignity Day. Everybody welcome to join in our activities set for the day.
- Wednesday 3<sup>rd</sup> External entertainment "Dads Army" will take you back in time with music and song
- Thursday 4<sup>th</sup> Join us in Knockagh to sing our favourite hymns.
- Friday 5<sup>th</sup> - Keep Fit Easy Aerobics with Denise in Knockagh
- Sunday 7<sup>th</sup> Fr Tony Curran Holy Communion
- Monday 8<sup>th</sup> - Chair Aerobics with Denise in the Life Café

- Tuesday 9<sup>th</sup> - Shrove Tuesday - Let's flip those pancakes!
- Wednesday 10<sup>th</sup> - Get your hair done in time for Valentines!
- Thursday 11<sup>th</sup> - A range of Arts & Craft activities needing finished in time for Valentines Day
- Friday 12<sup>th</sup> - Feeling lucky? See if you can win some prizes at Bingo!
- Sunday 14<sup>th</sup> - Valentines Day! All welcome in Tea Room to decorate Our heart shaped shortbread and to listen to old love songs
- Monday 15<sup>th</sup> - Chair Aerobics with Denise in Tea Room
- Tuesday 16<sup>th</sup> - Pamper yourself - get a manicure in Life Café

- Thursday 18<sup>th</sup> - Life Café Coffee Morning - Sing Along & Dancing
- Friday 19<sup>th</sup> - Chair Aerobics with Denise in Knockagh
- Sunday 21<sup>st</sup> - Fr Tony Curran Holy Communion
- Monday 22<sup>nd</sup> - Chair Aerobics with Denise in the Life Café
- Wednesday 24<sup>th</sup> - Hair we are again - Lorraine and Theresa will entertain you. So sit back, relax and enjoy this hair raising experience!
- Thursday 25<sup>th</sup> Best China out today for our Afternoon Tea. All welcome.