

# What's On

Your bi-monthly guide to what's on at **Belong Chester**

July / August 2024

## Musical mornings

Wake up singing!



## Community work-out

Join in with our gentle fitness sessions



## B's memory café

B's Café offers a warm and welcoming space where families, friends and carers can come together with their loved ones over a lovely cup of tea or coffee and cake!

Sessions are hosted by Belong Admiral Nurse, Caroline Clifton in conjunction with the village experience team, who help facilitate opportunities for verbal and non-verbal

communication, for example, through music, art, exercise, or dance. Join us in The Venue, on Wednesday 24 July and Wednesday 28 August, from 2pm – 4pm on both dates. For more information, or to book a place at the next session, please contact reception on 01244 445500.

## Love tennis?



On Friday 12 July, we will be hosting an immersive tennis experience, as we watch the Men's Singles semi-final on our big screen in The Venue. Indulge in a bowl of strawberries and cream with a glass of Pimms, to enjoy with the game. Entry is free; a small charge of £5 applies for refreshments. Book early to join in the excitement!

## Summer fair

Don't miss our summer fair on Saturday 3 August from 12:30pm – 4pm in The Venue.

There will be gift stalls, a prize tombola and live entertainer Sandra Currie will be performing at 2pm.

You can also enjoy some delicious summer food and drinks, on sale in The Bistro. Entry is free and we look forward to seeing you there. If you would like to enquire about booking a stall at the event, which costs £10, then please contact Charlotte Parton on 01244 445500.



## Ventriloquist act

We are delighted to welcome talented ventriloquist Donna and her friends, for an afternoon of fun on Wednesday 31 July at 2:30pm.

Watch Vinnie, Big Bear and Seamus the Dragon sing our favourite tunes, with laughter and a little magic, in an interactive and exciting performance. Entry £3pp, but please book early as we expect this event to fill up fast! Call today on 01244 445 500.

## Relaxation Day

Rejuvenate with us on 15 August at 2:30pm in celebration of National Relaxation Day. It will be a time to unwind and focus on your mental health and wellbeing as we transport you into a soothing sensory retreat, practising meditation, creating pamper kits, enjoying delicious treats and much more! Entry is free. Please call reception to book on 01244 445500.





## Live semi-final

Anyone for tennis?



## Summer fair

Family fun for all.



**BELONG**  
CHESTER

*We welcome members of the whole community*

## Musical mornings



Incredible vocalist Mark Whitby will be singing our favourite tunes on Wednesday 14 August at 11:30am, during an entertaining, lively musical morning. A perfect way to start the day! Please call reception to book on 01244 445500; cost £3.

## Community exercise

Join our resident exercise specialist, Zoë Robson, every Monday at 2:30pm in The Venue, for fun, interactive, chair-based exercises. The sessions are a great way to improve general mobility, balance and strength and your overall wellbeing, whilst listening to some lively music to get you going! Booking required; please call reception to book on 01244 445500; cost £3.



## Experience Days

Try our popular Experience Days service for yourself, with a free 'taster' session. Belong's specialist day care service offers meaningful occupation and the chance to get involved in our community. Available from 10am – 4pm, Monday to Friday; cost £86.50 per session, which includes refreshments throughout your stay and lunch in The Bistro. Call Experience Co-ordinator, Charlotte Parton, on 01244 445500 to find out more.



## Tours, tea and cake

As we prepare to open our final households, we're inviting you to come and take a look around. Learn all about our family-sized household, expert dementia and nursing care, village facilities and vibrant activities and wellbeing programme. Call 01244 445500 to book a tour and enjoy a free cup of tea or coffee and a slice of cake on us whilst you're here!



## Tony Boyle



On Wednesday 17 July at 2pm, musician Tony Boyle will be playing popular hits from throughout the decades. Get involved in this interactive

performance as we sing, dance, and play instruments to accompany the amazing Tony! Please call reception to book 01244 445500; cost £3.

## The Salon

The Salon offers the ultimate pamper experience for ladies, gents and children's styling, along with colours, perms, special occasion hair and a nail bar. The village also boasts a therapy room, an ideal place to enjoy a relaxing spa experience. Open to residents and the Chester community. Call us for a price list or to book an appointment.



## The Bistro



The Bistro at Belong Chester is open to the public, and offers a relaxing space to enjoy tasty meals, which are freshly prepared on site

using seasonal produce. A range of speciality coffees and teas are also available throughout the day. Join us for breakfast, lunch, or tea; we'd love to show you a warm welcome. Pick up a menu next time you're passing.

**Our events programme is inspired by the interests of our community. If there is anything you would like to see added, please share your ideas with our Experience Co-ordinator, Charlotte Parton, or email: [charlotte.parton@belong.org.uk](mailto:charlotte.parton@belong.org.uk)**



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