



SUNNYBANK
HOUSE
CINNAMON LUXURY CARE

What's On



Join us at Sunnybank House for our fun packed community events calendar

MONDAYS

Sunnybank Friendship Group - 1st and 3rd Mondays at 2.30pm
We have guest speakers, entertainment and refreshments

Movie Mondays - 2nd and 4th Mondays 2.15pm
Join us for our cinema club with great films, popcorn and refreshments

ANDOVER MIND Dementia & Carers Support Group - 2nd Monday at 2pm
Meet up with other carers to receive helpful advice and information

TUESDAYS

Knit & Natter - every Tuesday at 11am
Knit & natter over coffee and cake and make new friends

WEDNESDAYS

Lads Who Latte - 10:30am every week
For men of all ages. Coffee, chat and bar games

Community Coffee Morning - 11.15am every week
Join us for refreshments, conversation, things to do and to make new friends

FRIDAYS

Armchair Pilates - 2nd and 4th Fridays at 2.30pm
Improve your core body strength with this seated exercise session

SATURDAYS

Feel the Beat - 1st Saturday of the month 2.30pm
Join us for our drum fit chair exercise session with drum
– great for the heart and soul

For more information and to reserve your place please call Jessica
on **02382 558 422** or email: sunnybank.haa@cinnamoncc.com

RESIDENTIAL CARE | DEMENTIA CARE | RESPITE CARE

Sunnybank House Care Home Botley Road, Eastleigh, Hampshire, SO50 7AP
www.cinnamoncc.com/sunnybankhouse

