



If you wish you can view this Newsletter online at  
[www.highfieldresidentialhome.co.uk](http://www.highfieldresidentialhome.co.uk)

### Events during February

*If there is any event you would like at Highfield please let Lizzy know – all ideas and suggestions are very welcome!*

**Friday, 5<sup>th</sup> February** There was a Raffle in the Lounge to raise money to support Oxfam's work for the devastating earthquake in Haiti. Lots of super prizes and £135 was raised.

**Tuesday, 9<sup>th</sup> February** Another interesting talk by our Explorer. This time he told us all about his travels to Peru. This was another wonderful afternoon. He does enjoy talking to everyone at Highfield and has already promised to come next time to talk to us about Poland on Saturday, 5<sup>th</sup> June. Something to look forward to again – his talks are always so interesting and his slides are wonderful. If you haven't yet savoured him – don't miss the Poland trip!

**Friday, 12<sup>th</sup> February** The harpist came to Highfield. As ever she played a wide variety of many pieces. She enthralled us all. If you missed her – she is coming again on 16<sup>th</sup> April – so come along and listen to this very talented Harpist. We are very lucky to know her. She is very much in demand so we are pleased to be able to welcome her again soon.

**Saturday, 13<sup>th</sup> February** Film Matinee – "Sister Act". A great film starring Whoopi Goldberg was shown – a great comedy and very much enjoyed. We have been enjoying a wide variety of films to suit all tastes. But please say if there is a particular film you would like to see at the Matinee Club. The next film to be shown is "Kind Hearts and Coronets" on 20<sup>th</sup> March.

**Sunday, 14<sup>th</sup> February** – Valentine's Day. Valentine chocolates were enjoyed by everyone!

**Friday, 19<sup>th</sup> February – 11:00 a.m.** Holy Communion in the Lounge with David Maurice.

**Saturday, 20<sup>th</sup> February** Extra Special Film Matinee for a cold February afternoon! South Pacific was shown and really was an enjoyable film with lots of great songs. This was very impromptu but much enjoyed. Is there a film you would like to see? Let us know!!!

**Tuesday, 23<sup>rd</sup> February – 9:50 a.m. – 10:30 a.m.** Mobile Library visited Highfield.

**Saturday, 27<sup>th</sup> February – 2:00 p.m.** New to Highfield – an accomplished pianist. What an afternoon and what a treat. This was a truly great afternoon with lots of very interesting conversation too. An exceptionally talented and sought-after pianist who was the resident pianist at the Savoy – he played a wide variety of wonderful pieces – very much enjoyed by all who came – scarcely a spare seat in the Lounge. He will be returning soon!

## Regular Weekly Events

**Tuesday afternoons** – Lizzy will be at Highfield to manicure and paint your nails and for one-to-one care. Just let the office know if you would like to be pampered!

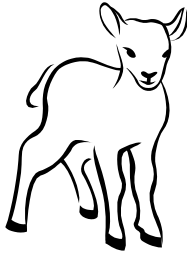
**Wednesday mornings – Art Group – 10:00 a.m.** – Come and try your hand at painting and / or drawing. Always good fun with a truly wonderful local artist.

**Thursday afternoons – Weekly Reading / Discussion Group – 3:00 p.m.**

Maeve Binchy's book - "Nights of Rain and Stars" which is set in Greece continues to be really enjoyed by everyone. The book group is always popular – come and get a seat and sit back and enjoy an afternoon where you can savour the delights of a Greek Island with many romantic interests. Don't worry if you have missed any of the sessions – we always re-cap!

**Fridays – "Happy Hour" drinks in the Lounge each week at 5:00 p.m.** – come and enjoy!

**Sunday mornings – Your weekly Yoga session – 10:30 a.m.** Each week the group is growing – come and enjoy working to improve your flexibility and balance.



## WHAT'S COMING UP!

But as ever – more events may be added

*[Also items of Information and for your Well Being are on the Noticeboard]*

### MARCH

Saturday, 6<sup>th</sup> March – 3:00 p.m. Bingo! Always great fun – come and join in

Friday, 19<sup>th</sup> March – 11:00 a.m. Holy Communion with David Maurice

Saturday, 20<sup>th</sup> March – 3:00 p.m. Saturday Matinee Club – "Kind Hearts and Coronets" to be shown. This is a film based on a poem by Tennyson.

Tuesday, 23<sup>rd</sup> March – 9:50 a.m. – 10:30 a.m. Mobile Library visits Highfield. Anything special you would like to order?

Saturday, 27<sup>th</sup> March – 2:00 p.m. Boarders Fashions bring their Spring collection to Highfield.

Tuesday, 30<sup>th</sup> March – 2:30 p.m. Easter flower arranging. Spring flowers in abundance!

### APRIL

Saturday, 3<sup>rd</sup> April - 3:00 p.m. Bingo! Easter Session – eyes down and look in!!

Friday, 16<sup>th</sup> April – 2:30 p.m. Harpist returns to Highfield for a Spring Recital! Don't miss this!

Tuesday, 20<sup>th</sup> April – 9:50 a.m. – 10:30 a.m. Mobile Library visit to Highfield.

Tuesday, 20<sup>th</sup> April – 2:30 p.m. Talk on how to keep Chickens

### MAY

Saturday, 1<sup>st</sup> May – 2:30 p.m. The trumpeter returns to Highfield.

Tuesday, 18<sup>th</sup> May – 9:50 a.m. – 10:30 a.m. Mobile Library visit to Highfield.

### JUNE

Saturday, 5<sup>th</sup> June – 2:30 p.m. A talk by our intrepid explorer on his travels to Poland.

Friday, 11<sup>th</sup> June – 2:30 p.m. The wonderful Harpist returns.

Saturday, 26<sup>th</sup> June – 2:30 p.m. Another visit arranged for our Trumpet Player to delight us.

Dates to come for these events and more and will be on the Noticeboard. Other interesting events are always being investigated to bring to Highfield – but let Lizzy know if you would like to see something which is of particular interest to you and our very best will be done to oblige.

**If you need help to get to any event – please ask – there will always be someone to assist you. A reminder note will be given for special events.**