

MASON HOUSE ACTIVITIES

November,
2018

Located at HALLFIELD LANE, WETHERBY, LS22 6JT

November Activities

For any information on any of these activities, please contact your Support Officers on the following numbers

Chris Keedy **07891 279971**

Lisa Taylor **07891 273980**

Meg Bullock **07891 277722**

Debbie Parrish **07891 272034**

Madge Bell **07891 274338**

Leanne Rodgers **07891 278643**

Men in Mason House

Monday 12th November
2pm—3pm

Calling all Men who live in our Sheltered Properties. Not many of you come and use the facilities at Mason House.

On this date, please join Support Officers Chris Keedy & Graham Berwick to discuss your ideas and views on what would tempt you come along and enjoy an activity session of your own



Friday Film Club

Friday 2nd November
starting at 2pm

'Goodnight Mister Tom'

John Thaw (Star of 'Inspector Morse') plays the widowed and cantankerous Tom Oakley. During the Second World War, Tom has a nine year old boy billeted on him from London which changes his life. Based on an Award winning Children's Novel



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'Have Your Say'

Thursday 8th November

2 pm - 3.30 pm



Your Support Officers will be holding their 'Quarterly' session to ask your opinion on matters relating to Sheltered Housing. With the introduction of our new activities in Mason House, this may be a good time to come and give us some suggestions on future events.

Our new Housing Benefits Officer, Razzie Lulugala will be coming along to introduce herself and give information on how she may help you.

Refreshments will be provided

Please Help Us To Help You

Should you be attending any of the events held at Mason House and there is food being provided, Please inform the Support Officers of any food allergies that effect you.

We will make sure your needs are catered for.

Many Thanks

'Hairdressing Salon'

We now have a hairdresser called Viv who has a salon at Mason House on a Wednesday between 11 am and 4 pm.

She caters for both men and women .

If you prefer to book an appointment on that day, please contact her on

07740 182723

Please note. Viv is currently away and the next salon date is Wed 14th November 2018.



Armchair Exercise

Tuesday 6th November and

Tuesday 20th November

Both sessions are 2 pm - 3 pm

After the success of the first 2 sessions last month, We have decided to make this a regular event. Please join Support Officer, Leanne Rodgers with this gentle exercise programme to music. Don't forget, If you don't want to do the exercise yourself, then come along and listen to the music. You might even remember the words.

