

ourcommunity

CHILTERN NEWS

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Spring 2022 WELCOME

It's great to see activities flowing once again after such a difficult year, the easing of covid restrictions enabled us to take part in the things we love the most.

From going to the gym or simply going to the cafe for a cup of coffee to catch up with friends.

It feels great to have this sense of normality back. Keep up the good work but most importantly be safe.

If you have any ideas for activities please let us know!

Be sure to check our display boards and posters for upcoming & scheduled events.

Jamie

Jamie Hill

Health & Fitness

Here at the Chilterns we were thinking of ways to keep active, especially with lockdown rules changing from time to time.

The activities department came up with the idea to have a home gym in the house 5 games room.

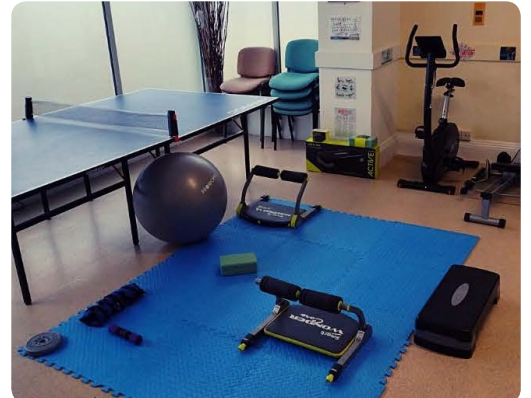
So now the Chilterns has its very own fitness zone! Regular yoga and gym club sessions are on offer featuring an exercise bike, rowing machine, exercise balls, two wonder core systems, free weights, yoga blocks, fitness stepper and workout mats.

Jamie our activities leader, who runs the fitness club is also a qualified fitness instructor! So now is the time more than ever to get active! We also have a bike club, and a running club.

Bike club is perfect for a sunny day as we are located right next to Westgate's beautiful seafront and, if you are feeling up for the challenge, why not ride to Reculver castle?

Alongside the various sports and fitness activities that go on here at The Chilterns some of the residents, such as Darrel and Eddie (pictured in the photo on the right), like to play the popular augmented reality mobile game Pokemon Go. Here's what Darrel has to say about the game:

"I love playing Pokemon Go it keeps me fit, I had to walk 10 kilometres this week to hatch an egg in the game to get a Pokemon that I wanted, it's easy to forget you're exercising when playing the game, it's great fun"



DID YOU KNOW?

If you cycle **7.4k** in the Fitness zone, which is equivalent to 4.6 miles, it's the same distance to the **Turner Centre in Nargate and back!**



RESIDENT FEEDBACK

"I enjoy the activities at The Chilterns, we do a lot of sports and have great evening entertainment. I love games night on the projector where we play multiplayer splitscreen PS4. Recently I have been attending coffee mornings at Cliftonville church as well as the one here at The Chilterns that is hosted every Saturday morning. I'm looking forward to the summer activities"

Retrospect: A look back at the year so far

As tradition here at the Chilterns, notable dates have been celebrated. We kicked off 2022 celebrating the new year in style with a party which was hosted in the house 5 main hall.

February we celebrated Valentine's day followed by pancake day, St David's day, St Patrick's day and Red Nose Day in March.



MESSAGE FROM PSYCHOLOGY

The past couple of years have been very difficult and everyone has managed this incredibly well! I am always available if there's anything you'd like to talk about.

UPCOMING EVENTS



WWE Wrestlemania 38 will be showing on the BIG screen in the games room on multiple dates from April 3rd

COFFEE MORNING
EVERY Saturday at 10am!



BIKE CLUB
starts back up in April! Reculver Towers ride

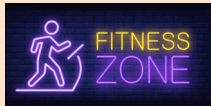
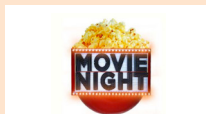
TENNIS CLUB
tournament begins this April!



17TH APRIL
Easter Sunday

23RD APRIL
St George's Day

Groups & activities on offer



ABOVE: Eddie at movie and games night watching a WWE event on the big screen.

LEFT: Debbie planting a sunflower pot for the sunflower competition in garden club.

