

# Grundy Hub Quarterly Activities



August - October  
2023



## Annual Sports Day a summer staple! Families, carers welcome to cheer on the game players



## Summer Shindig an evening event held for people we support and their families and carers

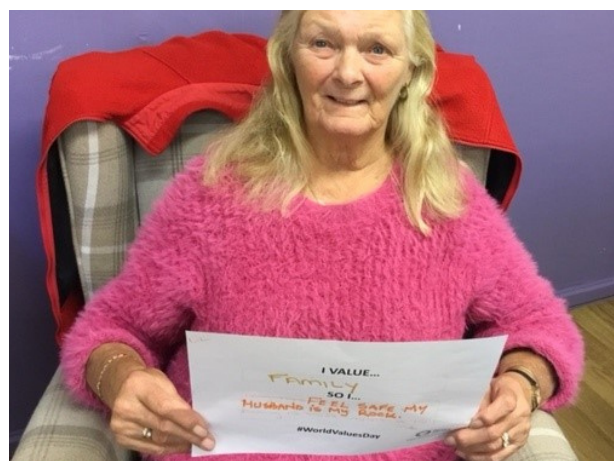
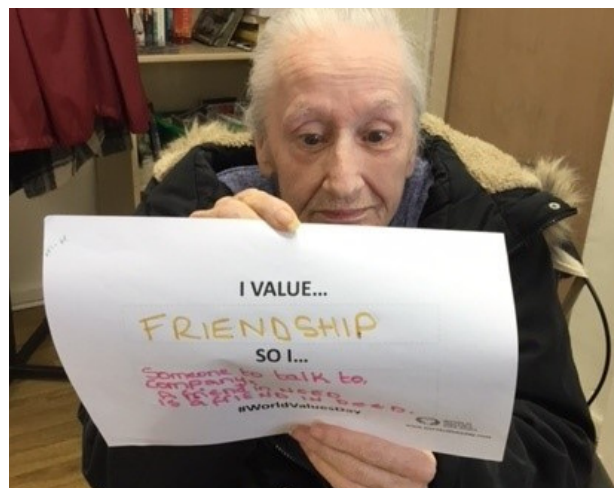
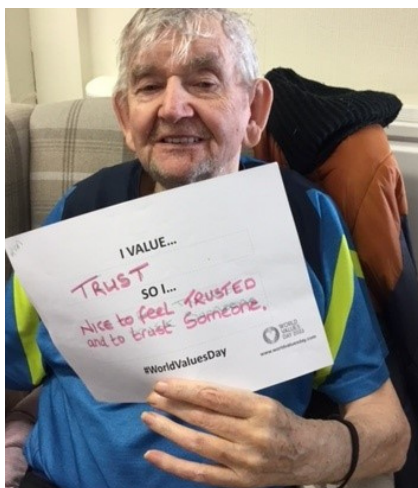




# Having Fun Together we're always on the lookout for new ways to enjoy ourselves!



## World Values Day sharing what's important to us and why



# Connect & Relax @ Grundy Hub



For people over 50  
& people living  
with dementia

Free taster  
session  
- ring to book

Find out more here

[personasupport.org/grundy-hub](https://personasupport.org/grundy-hub)

Call now on 0161 253 6555

