



Newsletter February 2025



The sun was shining, and we took a lovely walk to the downs, basking in the warmth of the sunshine and the fresh air. It truly felt like spring had arrived.

February, being the month of love, brought its own special moments, especially on Valentine's Day. We had wonderful conversations with our residents about their loved ones and cherished memories. It was heartwarming to hear such genuine love stories. Patricia remarked, *"It's so lovely to see all the love hearts around the home"*.



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Chris, the talented singer, treated us to another wonderful live performance one afternoon. Everyone enjoyed the musical concert, joined in with sing-alongs, and some even played instruments. Christina shared, *“I love music, dancing, and Elvis Presley”*.



Our residents also came together to create beautiful daffodils using yellow and orange paper for the petals and different shades of green for the stalks and leaves. They personalized their flowers with their preferred colours, and the results were stunning—our daffodils looked so lifelike!

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We've also had a lot of fun with high-energy ball and balloon games that got everyone moving and involved. The goal: keep the balloons and balls up in the air. Gareth reminded us, *"You're never too old for a little fun"*.



Staying active, both mentally and physically, is key to well-being, and one of the best ways to do this is through Arts and Crafts.

ART



Craft

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Our residents had a delightful time celebrating Pancake Day, with many enjoying their pancakes topped with the classic lemon and sugar, just like they did in their younger years. Bobby exclaimed, *“What a fun morning! I haven’t laughed that much in ages”*.



= Happy =
Pancake
Day! 🍓

Happy Birthday



Bobby



Pamela



Brenda



David



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We also want to extend a warm welcome to the new faces who have joined our community. We're excited to have you with us!





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PHOTOBOARD





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March's Activities

			1 st Music and tv 	2 nd Music and tv 	3 rd Roger's Birthday 	4 th Balloon games/pancakes day Parachute games
5 th National pie day 	6 th Painting session 	7 th  Games and fun	8 th Music and tv 	9 th Music and tv 	10 th Spring crafts 	11 th Spring walks One to ones
12 th Advice to younger generations	13 th Cooking and baking 	14 th Herbert's birthday 	15 th Music and tv 	16 th Music and tv 	17 th Music and tv 	18 th Music and tv 
19 th Art and craft 	20 th Spring equinox Singing with Simon at 2 p.m. One to ones	21 st Poetry day 	22 nd Music and tv 	23 rd Music and tv 	24 th Mother's Day decorations One to ones	25 th Gardening at 1:30 p.m. 
26 th Pamper sessions 	27 th Walks outside in the downs One to ones	28 th Mother's Day celebrations at 1:30 p.m. 	29 th Music and tv 	30 th Music and tv 	31 st Games and fun 	

“The most precious gift a caregiver can give is their time and unwavering presence”.