

# Newsletter

February  
2018



## Valentines



We plan to celebrate this period of love and friendship by making some hearts for our tree. Our residents really enjoy this feature in the lounge and really enjoy taking part in the displays. There will also be some heart shaped biscuits to decorate which we will then be eating!! Elvis is also coming at 3pm to sing his love songs. Any visitors are very welcome to join in.



## Easter

## Bonnets

Shortly we will be turning our attention to Easter and making those bonnets. They are always so colourful and detailed which makes it even more difficult for Graham to judge on the day. Last year we had many entrants and hope that this year is just the same. Please start thinking of designs and what you would want on your bonnet and let Shelagh know. There are prizes for the winners and we really love to see you all wearing your home made bonnets. Hold this front news letter page!!!!

Happy  
Birthday!

wishes goes to Gladys Booth, Elizabeth wrightson, Barbara Woodhurst and Alec Gibson.



## RSPB Big garden birdwatch

We spent an hour looking for birds in our garden. We join in this event every year; unfortunately there were not many birds about this year as it was a miserable day. We did spot 3 Magpies, 3 Blackbirds, 1 Blue Tit, 2 Herring gulls, 1 Robin and a Squirrel!!



The winners for December are;

**6<sup>th</sup> January – Rollover**

**13<sup>th</sup> January – Gwen welfare**

**20<sup>th</sup> January – Rollover**

**27<sup>th</sup> January – Shelagh Hazleden**



## Reminder

Please remember to bring cardigans into the lounge with you as we are in the colder months now and drink plenty to!



### Manager's moment

I am sure that you will all know that January did not start well for all of us as we all had at some stage a variation of the dreaded bug going around. Many of us it captured twice!! Most of the staff at some stage had to have time off through it.

We are still very busy trying to complete all of your computerised care plans; they take at least three hours each putting in all of your life history. It is lovely that you have all given so much information and have taken part in completing them.

We are hoping to arrange a date shortly for a Resident's meeting and once we have a date we will advertise it.

We have much to look forward to with Valentine's Day approaching fast and followed by an early Easter this year. These events always involve our resident's getting CRAFTY making items!! Their talents never cease to amaze us when we look at what they have produced.



### Our Doug

We all spoil him even our visitor's comment about him we often talk about our resident's and staff but this little person in a fur coat asks for nothing but love and treats and he is not afraid to ask for them in his own way.



### Extend exercises

We held our first exercise session from Extend and Diane showed us what to do. It involved 45 minutes of armchair exercises. The residents were very enthusiastic and appeared to enjoy this activity. We have booked her once again for March.



### Lunch Club

After all this exercising we have resumed our lunch club after the Christmas break!! We recently visited a new venue for us which was The Conqueror's March on the Ridge. We had a very enjoyable time and the menu was good so we hope to go again at some stage.



### Alexandra Park Project

Due to limited information found about Mountside we have had to call time on this project and have decided to start another in place. We are hoping to find some old photographs and look into the history of the park. I am sure many of our residents have special memories of visits to our park, many will recall pet's corner. We are hoping to compile all of the information into a book and see how the park looked earlier on.