

The Chat Issue #1



Save the dates!

Monday 11th June – Music therapy! Come along to the main lounge at 2pm to listen to and relax with Mark!

Tuesday 12th June – We're back with more Bingo, starting from 2pm! Be there FOR FUN & LAUGHTER no money needed

Friday 29th June – Monthly coffee morning! It's a wonderful time to sit back, relax and enjoy some chatter with fellow residents, friends and family. It also helps us here at activities to raise funds to give the residents the wonderful retirement they deserve.

This month's Birthdays!

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Pamela Club

1st June

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Dolka Lewis



7th June

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George 'Tommy' Noden

25th June

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Last month we've loved...

The monthly bingo! (Second Tuesday of the month). The game and lively chatter were very well enjoyed. If you missed out make sure you get yourself down for the 12th of June! We'd also like to give a **HUGE thanks to the volunteers**, this wouldn't have been possible without you! Thank you!

On Tuesday we had our ever popular Knit & Natter, which had residents working on their own knitting projects and having a natter with one another about their lives, and Gwastad gossip. Studies show knitting is a great way to relax as it boost your mood and relives pain! It can also lead to a meditative-like state and promote wellbeing. So if that sounds like something you'd be interested in, pop in and join us!

For our reminiscence this month we've watched 'A Hole in the Head' with Frank Sinatra which has the residents singing and swaying along, as well as a few of our ladies swooning, it proved a lovely trip back in time. Make sure you pop along next week to help pick the film!



Our new Thursday morning armchair exercises have proved incredibly popular, particularly with our step-up step-down clientele. Get your leg warmers on and come on over to get physical!



Notes from our garden ~

Spring has come early this year, and as the weather begins to warm our garden is in bloom. We're hoping to get out and about soon, weather permitting. Join us for a potter on Thursday afternoons!



Donate your DVDs!

If you have any films from the 40s or 50s please consider donating so we can transport our residents back to a time of fond memories!

Although not of the era, there have been special requests from some of the gentlemen for the Indiana Jones films, as well as anything about planes, trains and ships!

We've also had requests from some of the ladies for any country homes DVDs you may have lying about!

Please help save our residents from our terrible taste in films!

To all our Dads here,
Happy Father's day for
Sunday the 17th of June,
from all of the activities
staff!



This month we've also had a tea party in celebration of the **Royal Wedding** between Prince Harry and Meghan Markle. We had bubbly, cake, finger sandwiches and we all gathered in the lounge to watch the wedding! It was wonderful! The residents and guests really enjoyed the festivities and the jelly and mousse pots were a whopping success! **BIG THANK YOU TO CHEF & KITCHEN STAFF**

Monthly Quiz!

Which artist painted a number of pictures of sunflowers?

What is the innermost colour of the rainbow?

Crawl, backstroke, freestyle and butterfly are different methods in which sport?

How many holes are there on a standard golf course?

What is the capital city of Spain?

Which sea separates Europe from Africa?

Answers: 1) Vincent van Gough 2) Violet 3) Swimming 4) 18 holes 5) Madrid 6) Mediterranean Sea

Thank you for all your kind donations, bingo prizes and your continued support. Your continued support is invaluable. If you have any feedback on our **Chat** page, or ideas for our residents' activities, please contact **Chris**.

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SATURDAY JULY 14TH 2pm

SUMMER FAYRE

Look out for more info on the notice board!

