

# The Vale Newsletter

February 2020



Come and celebrate with us for our resident  
birthday Bob

### Week beginning 1<sup>st</sup> February 2020

**Saturday** One to one nail care and hand massagers in the morning then sing along in the afternoon.

**Sunday** Old film day with afternoon quiz.

### Week beginning 3<sup>rd</sup> February 2020

**Monday** Music through the age's stimulation in the Morning and in the afternoon reminiscence Quiz

**Tuesday** Norman wisdom celebration day, entailing fact reading, quizzes and films. Hairdresser visits throughout the day.

**Wednesday** In the Morning Arts and Crafts session then in the afternoon we have a Pet therapy one to one sessions.

**Thursday** In the Morning we have one to one games and puzzles and the Church Service will be held in conservatory at 11:30am. In the Afternoon we have a Book club that will be held in the parlour at 14:30pm.

**Friday** In the Morning we have our tuck shop will be going around with treats and a morning quiz and in the Afternoon we have our gentleman's club in the Parlour 14:30pm

**Saturday** Anything goes activity throughout the day.

**Sunday** Sing along with staff in the Morning and in the afternoon scone making.

### Valentines Week beginning 10th February 2020

**Monday** In the Morning we have a group discussion about valentine's day discussing how did our resident's celebrate valentines day? In the afternoon we have a pamper sessions with foot spas and hand massages.  
Bus trip 14:00pm-17:00pm

**Tuesday** In the Morning we have an Arts and crafts session making valentine cards and heart shape messages. In the afternoon we have valentine poetry readings an Hairdresser visits throughout the day.

**Wednesday** In the morning we are having a Love song sing-along and in the afternoon Mrs Motivator exercise session at 15:15pm.

**Thursday** In the morning we have one to one “my life history” sessions then in the Afternoon we have a heart love biscuit making session

**Friday** In the morning Curtis the Massage Therapist 10:00am and in the afternoon we have a Valentine day party with live entertainment from Joy Dey 16:00pm-17:00pm nibbles and cakes all welcome

**Saturday** In the morning we have a sensory Therapy session with DOLLS and fiddle blankets then in the afternoon we have a music stimulation sing along.

**Sunday** Activity's - anything goes throughout the day.

### **Week beginning 17<sup>th</sup> February 2020**

**Monday** Random act of kindness day entailing open group discussion with tea and refreshments.

**Tuesday** Morning walks in Mote Park (weather permitting) and in the afternoon we have one to one games session with gentleman chess, dominos and cards. Hairdresser visits throughout the day.

**Wednesday** In the morning we have anything goes activities and in the afternoon house hold activities.

**Thursday** In the Morning we have a Therapy with DOLLS and fiddle blankets session and in the afternoon we have a relatives meeting with refreshment's and cakes 15:00pm – 16:15pm in parlour.

**Friday** Resident's Forum throughout the day

**Saturday** music motivation with instruments

**Sunday** Activity anything goes throughout the day.

### **Week beginning 24<sup>th</sup> February 2020**

**Monday** In the Morning we have stimulating games and in the Afternoon we have a group quizgroup quiz.

**Tuesday** We are having a pancake day celebration. We will be having a pancake flipping contest and Hairdresser sessions throughout the day.

**Wednesday** scone making in the morning and in the afternoon we have high tea with scones, strawberries and cream celebrating Bobs birthday

**Thursday** Celebrating Elizabeth's birthday an open discussion and quiz

**Friday** In the morning Curtis the Massage Therapist 10:00am and in the afternoon we are taking a walk to mote park (weather permitting)

**Saturday** Activity's anything goes



All families and friends are welcome to come along and participate in any of the activities listed above. There may be times when some activities may change due to our residents changing their mind.

If you wish to have dinner with your loved one please let us know in advance so we can ensure that we can accommodate you, we do ask for a small donation this goes towards our residents fund.

We have purchased a tablet device where you can now skype your loved ones this has really proved a great buy !

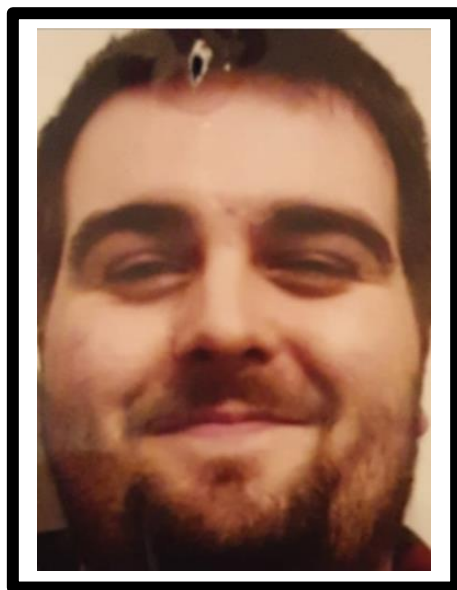
Our residents have enjoyed sykping and chatting to their loved ones. Please rememebr to phone before had to ensure your loved one can be made aware of you contacting them.

We are currently collecting raffle prizes for our easter raffle draw. Any donations would be very welcomed



## Getting to know our staff

In the spotlight this month James our chef



How long has James been at The Vale Residential Care Home?

James has worked at The Vale for 10 years

What do you like most about your role at The Vale Residential Care Home?



I like being able to produce nice meals for our residents

What do you like mostly about working at The Vale?

*I like the friendly family environment*

What have we been up to over the January 2020 period

Over the January period we have had many activities going on at The Vale. We have celebrated Audrey's birthday, we have had Mole hill cops school come in to learn all about are resident's and life's baby day with our resident's loved!











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