

# The Vale Newsletter

January 2020



Come and celebrate with us for our resident  
birthdays:

Audrey

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

**Wednesday** Happy New year celebrations and anything goes activity throughout the day.

**Thursday** Morning quiz followed by stimulation games and in the afternoon musical motivation with instruments.

**Friday** Morning sing-along to old pub classics and one to one sessions – My life history. Then in the afternoon Pet Therapy session and animal recognition game.

**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 6<sup>th</sup> January 2020

**Monday** Morning puzzles and one to one session with tablets device and in the afternoon Book club in our parlour with tea and biscuit's.

**Tuesday** In the Morning we have Visits from Penny's nursery, where we will be cake making with the children. In the afternoon keep fit armchair exercise with Lee and Hair dresser visits throughout the day.

**Wednesday** In the Morning we have a Arts and Crafts session then in the Afternoon music through the ages stimulation.

**Thursday** In the Morning one to one Sensory Therapy session then in the Afternoon gentleman's club with refreshments and variety of games.

**Friday** In the Morning Royal Family quiz and open discussion then in the afternoon we shall enjoy tea party with scones.

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

**Sunday** In the morning winter quiz with treats then in the Afternoon films and snacks.

### Week beginning 13th January 2020

**Monday** Morning Quiz/Discussion about the coming of age in Japan and in the afternoon we have Pet Therapy and walks in Mote Park (weather permitting).

**Tuesday** In the Morning we have a Group tablet device session. In the Afternoon we have a Hang Man stimulation game and Hairdresser visits throughout the day.

**Wednesday** In the Morning Decade Mat stimulation game and Trip Down Memory Lane reminiscence session. 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 pamper sessions with foot spas and hand massage's.

**Friday** In the morning we have Curtis Massage Therapist 10:00am-12:30pm then in the Afternoon at 14:00pm Mole Hill Cops primary school will be attending to ask our residents for life experience advice. At 14:45pm to 16:30pm G fitness armchair motivation exercise session.

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

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

### Week beginning 20<sup>th</sup> January 2020

**Monday** American day: Martin Luther King's Birthday. In the Morning fact reading session and photo recognition Therapy then in the afternoon 50-60s rock and roll dance and singalong session.

**Tuesday** Morning walks in Mote Park weather permitting then in the afternoon Bus trip to Cobtree Manor 14:00pm-17:00pm. Hairdresser visits throughout the day.

**Wednesday** In the morning anything goes activates, in the afternoon house hold activities.

**Thursday** In the Morning we have Knitting/pom pom sessions and in the afternoon gentleman's games with chess, cards, dominos etc. Chiropodist visits throughout the day.

**Friday** In the Morning Penny's nurse is visiting to do arts and craft with our residents. In the Afternoon we have a Residents forum from 2pm onwards.

**Saturday** In the Morning music motivation then a pamper afternoon with foot spas.

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

### **Week beginning 27<sup>th</sup> January 2020**

**Monday** In the Morning we have Stimulation games then in the afternoon we have a group quiz with family remembrance session.

**Tuesday** In the morning game of charades then in the afternoon we have tea and cakes for Emma staff member who was voted employee of the month at 14:40pm. Hairdresser sessions throughout the day.

**Wednesday** In the morning stimulation group game then in the afternoon we have Therapy with DOLLS and fiddle blankets.

**Thursday** In the morning we have a Reminiscence session in parlour with refreshments and cakes then in the afternoon chair exercises with Lee.

**Friday** Morning one to one activities then we have a tea party in the afternoon to celebrate Audrey's 92<sup>nd</sup> Birthday 15:00pm all welcome.

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 been enjoying sykping and chatting to their loved ones. Please rememebr to phone before hand to ensure your loved one can be made aware of you contacting them.



# Getting to know our staff

In the spotlight this month...



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

Emma has been at The Vale since September 2018

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

I like helping the residents

What do you like mostly about working at The Vale?

I like the friendly staff and management. We are like a big family at The Vale

What have we been up to over the December 2019 period









Our resident have enjoyed all the activities throughout December. We would like to say a big Thank You to all the staff at The Vale who made such an effort into getting our residents into the Christmas spirit.

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