

# The Vale Newsletter

December 2020



We shall be celebrating Patricia's 80<sup>th</sup>  
Birthday And Nita's 80<sup>th</sup> Birthday This  
Month! Happy Birthday Ladies!

**Week beginning Tuesday 1st December 2020**

**Tuesday 1<sup>st</sup>** - Skype Calls And Window Visits With Relatives And Friends Throughout The Day. Celebrating Nita's 80<sup>th</sup> Birthday With an Afternoon Tea Party! Happy Birthday Nita!

**Wednesday 2<sup>nd</sup>** - Christmas Carol Sing Along With Instruments In The Morning And Christmas Musical Armchair Exercises In The Afternoon.

**Thursday 3<sup>rd</sup>**- Skype Calls And Window Visits With Relatives And Friends Throughout The Day and One To One My Life History In The Afternoon.

**Friday 4<sup>th</sup>**- Christmas Themed Quiz & Reminiscence Discussion In The Morning and Afternoon Tea Party With Santa Hats And Gingerbread Men.

**Saturday 5<sup>th</sup>**- Celebrating Patricia's Birthday With A Dance Party In The Afternoon! Happy Birthday Patricia!

**Monday 7<sup>th</sup>** – Christmas Themed Music Through The Ages In The Morning And In The Afternoon Residents Will Be Decorating Their Own Tree In The Conservatory.

**Tuesday 8<sup>th</sup>**- Skype Calls And Window Visits With Families And Friends Throughout The Day. In The afternoon, Christmas Movies And Hot Chocolate!

**Wednesday 9<sup>th</sup>** – In The Morning Residents Will Be Getting To Know Each Other At Coffee Morning. In The Afternoon Classic Carol Singing With Staff and religious bible readings.

**Thursday 10<sup>th</sup>**- Window Visits With Relatives And Friends Throughout The Day.

**Friday 11<sup>th</sup>**- In The Morning Chess, Draughts And Cards For The Gentleman And In The Afternoon a Foot Spas And Massages For The Ladies.

**Monday 14<sup>th</sup>** – In the Morning Christmas Card Making/Crafts And In The Afternoon Christmas Themed Quiz.

**Tuesday 15<sup>th</sup>**- Window Visits With Family And Friends Throughout The Day.

**Wednesday 16<sup>th</sup>**- Gingerbread Making Session In The Morning And In The Afternoon Mr Motivator With Lee.

**Thursday 17<sup>th</sup>**- Skype Calls And Window Visits With Family And Friends Throughout The Day And One To One Games With Staff.

**Friday 18<sup>th</sup>**- Christmas Dance Session In The Morning And In The Afternoon Staff Will Be Performing A Carol Service For Our Residents.

**Monday 21<sup>st</sup> Elf Week:**

**Staff Will Be Transforming Themselves Into Santa's Little Helpers By Dressing Up As Elves For The Week.**

**Monday 21<sup>st</sup>**- Elf Fun Fact Session In The Morning And In The Afternoon Santa (in house staff will dress up as Santa) Will Be Here Giving Our Residents Gifts!

**Tuesday 22<sup>nd</sup>**- Skype Calls And Window Visits With Family And Friends Throughout The Day.

**Wednesday 23<sup>rd</sup>**- In The Morning Anything Goes Activities And In The Afternoon We Will Be Having A Christmas Karaoke Party With Mulled Wine And Mince Pies!

**Thursday 24<sup>th</sup> Boxing Day:**

Window Visits Throughout The Day With Family And Friends.

### Friday 25<sup>th</sup> Christmas Day!

#### **A Very Happy Christmas To All.**

The Residents At The Vale Will be Opening Presents And Listening To Christmas Songs throughout the morning followed by traditional Christmas lunch and Christmas charades !

### Saturday 26<sup>th</sup> Boxing Day

Christmas Movie Day With Mince Pies And Hot Chocolate.

**Monday 28<sup>th</sup>-** Sing Along With Instruments In The Morning And In The Afternoon A Tea Party In The Dining Room.

**Tuesday 29<sup>th</sup>-** Window Visits With Family And Friends Throughout The Day.

**Wednesday 30<sup>th</sup>-** Puzzles And Games In The Morning And A Winter Themed Quiz In The Afternoon.

### Thursday 31<sup>st</sup> New Years Eve:

New Years Eve Reminiscence Session In The Morning What Did You Do On New Years Eve? In The Afternoon Scone Making And Cookie Making.

### Friday 1<sup>st</sup> January New Years Day:

#### **Happy New Year To All!**

Residents Will Be Celebrating New Years Day With A Day Of Music And Dancing. In The Afternoon We Will Be Doing Our Own Countdown To New Year And Celebrating With Bucks Fizz (Alcohol Free).

We would also like to say a big thank you to the Police cadets who will be writing Christmas cards to all residents at The Vale to spread some Christmas cheer- we will be writing back !!

And a massive thank you to “Bringing a sparkle to your care home charity” for donating a present for each of our residents and a karaoke machine for all residents to enjoy and a hamper for all staff to enjoy.

And thank you to all staff at The Vale who have bought a gift for all are residents you really have gone beyond and above!!



Please call the Vale to make an appointment for a window visit or a skype. Due to the high demand please book your appointment in advanced.

We understand that this is a hard time for all family, friends and loved ones for our residents; but we will continue to follow government guidance to ensure our residents remain safe.



What We Have Been Up To In November:

Happy birthday margaret



Pat Barbara and George preparing scones



Some dancing with musical instruments and pampering







**Mary, Jean , Barbara and Edna enjoying the vale pet therapy session**





If you have any questions for The Vale please call and speak with Jade the Home Manager who will be happy to assist you.

**We Appreciate This Year Has Been Challenging For All Families And Friends And The Vale Would Like To Extend Their Gratitude For All The Support You Have Given Them During This Difficult Time.**



The Vale Residential Care Home

191 Willington Street

Maidstone Kent

ME15 8ED

Tel: 01622 762332 Fax: 01622 751153

**Email:** [jade@charinghealthcare.co.uk](mailto:jade@charinghealthcare.co.uk) **Website:** [www.charinghealthcare.co.uk](http://www.charinghealthcare.co.uk)