

# Hillbeck Newsletter

August 2021

We hope you enjoy reading about all the exciting things that happen at Hillbeck and what we have coming up.



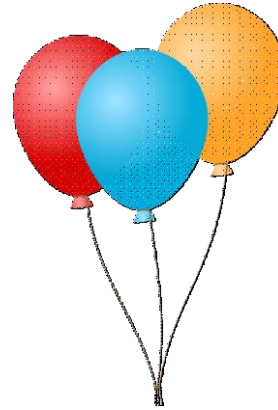
## Residents celebrating their birthday this month are...

Barry – 10<sup>th</sup> August

Kath – 12<sup>th</sup> August

Esme – 22<sup>nd</sup> August

Eileen – 30<sup>th</sup> August



## Internal Activities

We have a range of activities taking place every morning and afternoon... These include Bingo, Arts & Crafts, Quiz's, Sing-a-longs, Armchair workouts, Games and much more.

Friday 13<sup>th</sup> August – Picnic Day

Wednesday 25<sup>th</sup> August – Kevin Walsh

## Quote of the Month

Let your smile change the world... Don't let the world  
change your smile...

## Getting to know our staff

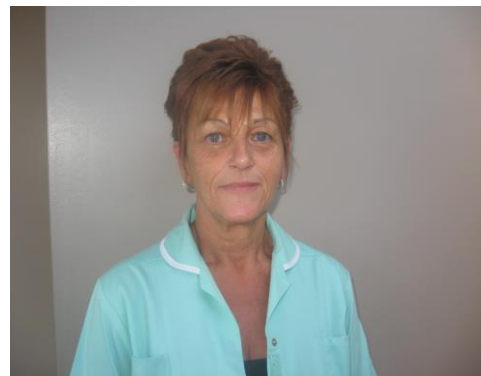


Congratulations to Katie who has received her long service award... Thank you for all your hard work and dedication over the last 5 years.

## Employees of the month



Shirley



Sharon

Many thanks for your continued hard work... it's much appreciated.

## Hillbeck News

The first half of July there was rain every day. At Hillbeck we made our own sunshine. Residents were delighted when Kevin Walsh was singing in the rain for them and then a couple of weeks later we had Peter Kneebone in to sing and he was slapping on the factor 50 sun cream. The residents were cool and enjoying drinks and cakes whilst Peter performed. He started off with a request for Happy Birthday for Peggy as we had started her 90<sup>th</sup> Birthday celebrations.

We celebrated Independence Day by tucking into Chicken & Fries followed by homemade Banoffee Pie... it was delicious.

The residents have been really enjoying their ice creams from the ice cream van, some of them tried different ones....they were spoilt for choice.

We were very busy icing birthday cakes this month with six birthdays to celebrate. Residents could not resist eating a little icing that was left over when they had finished.

In July we started our Dart & Ball tournament, the residents had a lot of fun and many were reminiscing about when they used to play darts down their local pub.

The winner for this month was Betty.

Residents have been coming up with ideas for new exercises to add to our morning keep fit class. We have a lot of fun trying them out. I'm sure some of the Hillbeck residents were yoga and gymnastics champions in their younger days.











