

Blair Park



CHARING HEALTHCARE
committed to care and support

Newsletter

July 2023 Issue

Throughout our newsletter you can expect to read a little bit about what goes on here at Blair Park, we hope you enjoy!



Residents celebrating their birthday this month are...

7th – Shirley (Shir)

11th – John D

14th – Eileen L

We wish you a very happy birthday xx



A little preview of what we got up to in June...

As the summer arrived, we went for walks to the park, trips to the beach, coffee shop visits, the shops, the church and lunch dates. It was so much fun and they all loved it.

As well as the trips out, we also had lots of indoor activities including arts and crafts, Bingo, games, puzzles, music and movement, sing-a-longs and indoor/outdoor fun.

We have a new date and weather board which is set daily for everyone to see with daily notes.

Jade, Donna's daughter, raised £555.00 for completing the London Marathon and this has gone towards a pergola in our courtyard garden.

We lost one of our wonderful ladies and donations from their families also went towards the pergola with the remaining donations being put towards a new sensory area.

We celebrated Father's Day with a pie and a pint which was a great deal of fun.

We celebrated 2 birthdays this month, Daphne and Lesley.

A wonderful lady, Keeley, came in to sing with the residents joining in with singing and some even danced.

The hairdresser comes in weekly on a Thursday to do our ladies' hair and the barber comes in once a month.

Our new courtyard garden is looking beautiful with all the flowers in bloom for summer. Thank you for your donations.





Puzzles & Games

5-6-23







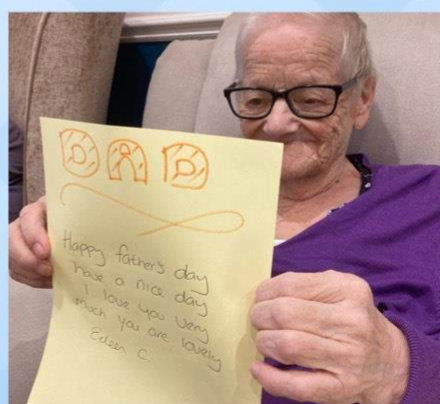
HAPPY FATHER'S DAY



PIC•COLLAGE



I ♥
YOU
♥ DAD ♥



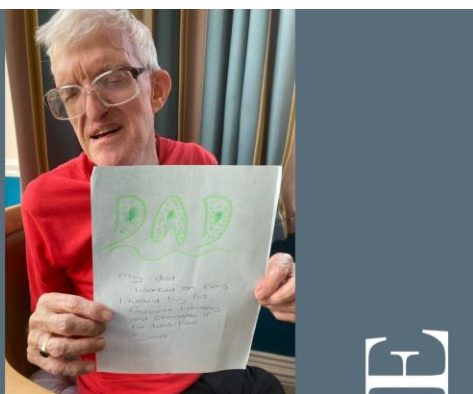
PIC•COLLAGE

I ♥
YOU
♥ DAD ♥



PIC•COLLAGE

Best Father In The World.



Happy
Father's Day

LOVE

PIC•COLLAGE



PIC•COLLAGE

17-6-23

6 month into 2023..



Movement to music









Garden before & After pics

22-6-23







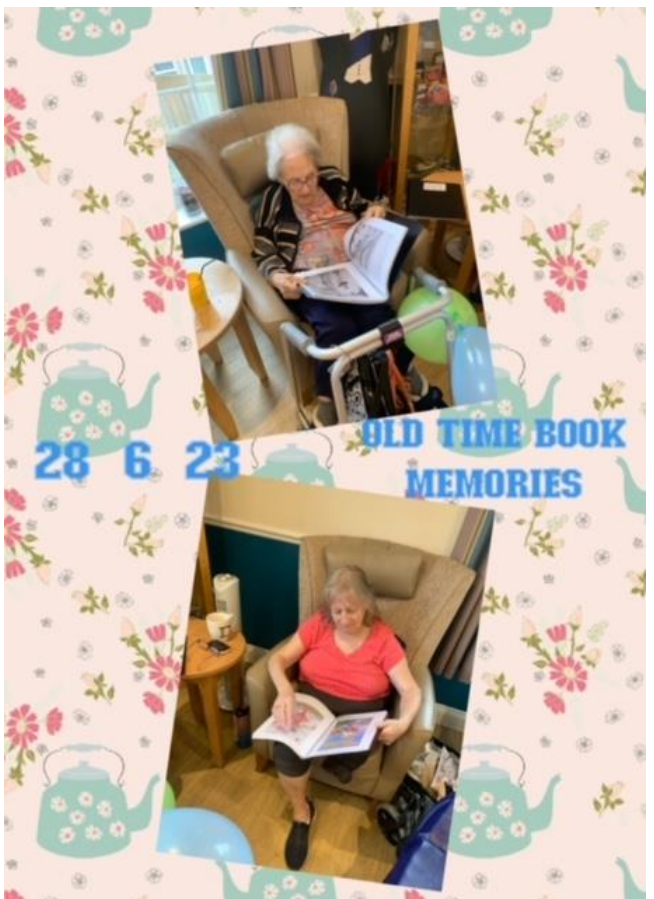
27th June

YOU & ME

And a nice cup of
Tea

PIC•COLLAGE









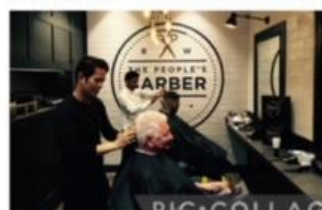
PIC•COLLAGE



PIC•COLLAGE















BARBER VISITS




JAN 17TH
FEB 13TH
MARCH 13TH
APRIL 17TH
MAY 18TH
JUNE 16TH
JULY 17TH
AUG 18TH
SEPT 19TH
OCT 19TH
NOV 17TH
DEC 18TH



PIC•COLLAGE

Blair Park – July Activities Planner

| | | | | | | | |
|--|---|--|---|---|---|--|--|
| <p><u>Saturday 1st</u></p>  <p><u>Ball Games</u></p> <p>10.00 - 11.30</p> <p><u>Sing Along</u></p> <p>13.30-15.00</p> | <p><u>Sunday 2nd</u></p> <p><u>Exercises</u></p> <p>10.00 - 11.30</p>  <p><u>Cinema experience –</u></p> <p>13.30</p> | <p><u>Monday 3rd</u></p>  <p><u>Board Games</u></p> <p>10.00 - 11.30</p> <p><u>Bingo/Pamper</u></p> <p>13.30 – 15.00</p> | <p><u>Tuesday 4th</u></p>  <p><u>Music & Movement</u></p> <p><u>Arts & Craft</u></p> <p>13.30 - 15.00</p> <p><u>Tuckshop</u></p> | <p><u>Wednesday 5th</u></p>  <p><u>Balloon Game</u></p> <p>10.00 - 11.30</p> <p><u>Sing Along</u></p> <p>13.30 - 15.00</p> | <p><u>Thursday 6th</u></p>  <p><u>Arm Chair Exercises</u></p> <p>10.00 - 11.30</p> <p><u>Hairdresser</u></p> | <p><u>Friday 7th</u></p> <p><u>Indoor Garden Games</u></p> <p>10.00 – 11.30</p> <p><u>Reminiscence</u></p> <p>13.30 - 15.00</p> | <p><u>Saturday 8th</u></p>  <p><u>Ball Games</u></p> <p>10.00 - 11.30</p> <p><u>Sing Along</u></p> <p>13.30-15.00</p> |
| <p><u>Sunday 9th</u></p> <p><u>Exercises</u></p> <p>10.00 - 11.30</p>  <p><u>Cinema experience –</u></p> <p>13.30</p> | <p><u>Monday 10th</u></p>  <p><u>Board Games</u></p> <p>10.00 - 11.30</p> <p><u>Bingo/Pamper</u></p> <p>13.30 – 15.00</p> | <p><u>Tuesday 11th</u></p>  <p><u>Music & Movement</u></p> <p><u>Arts & Craft</u></p> <p>13.30 - 15.00</p> <p><u>Tuckshop</u></p> | <p><u>Wednesday 12th</u></p>  <p><u>Balloon Game</u></p> <p>10.00 - 11.30</p> <p><u>Sing Along</u></p> <p>13.30 - 15.00</p> | <p><u>Thursday 13th</u></p>  <p><u>Arm Chair Exercises</u></p> <p>10.00 - 11.30</p> <p><u>Hairdresser</u></p> | <p><u>Friday 14th</u></p> <p><u>Indoor Garden Games</u></p> <p>10.00 – 11.30</p> <p><u>Reminiscence</u></p> <p>13.30 - 15.00</p> | <p><u>Saturday 15th</u></p>  <p><u>Ball Games</u></p> <p>10.00 - 11.30</p> <p><u>Sing Along</u></p> <p>13.30-15.00</p> | <p><u>Sunday 16th</u></p> <p><u>Exercise</u></p> <p>10.00 - 11.30</p>  <p><u>Cinema experience -</u></p> <p>13.30</p> |

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|--|--|---|--|--|---|---|---|
| Monday 17th  <u>Board Games</u> 10.00 - 11.30 <u>Bingo/Pamper</u> 13.30 – 15.00 | Tuesday 18th  <u>Music & Movement</u> <u>Arts & Craft</u> 13.30 - 15.00 Tuckshop | Wednesday 19th  <u>Balloon Game</u> 10.00 - 11.30 <u>Sing Along</u> 13.30 - 15.00 | Thursday 20th  <u>Arm Chair Exercises</u> 10.00 - 11.30 <u>Hairdresser</u> | Friday 21st <u>Indoor Garden Games</u> 10.00 – 11.30 <u>Reminiscence</u> 13.30 - 15.00 | Saturday 22nd  <u>Ball Games</u> 10.00 - 11.30 <u>Sing Along</u> 13.30-15.00 | Sunday 23rd <u>Exercises</u> 10.00 - 11.30  <u>Cinema experience –</u> 13.30 | Monday 24th  <u>Board Games</u> 10.00 - 11.30 <u>Bingo/Pamper</u> 13.30 – 15.00 |
| Tuesday 25th  <u>Music & Movement</u> <u>Arts & Craft</u> 13.30 - 15.00 Tuckshop | Wednesday 26th  <u>Balloon Game</u> 10.00 - 11.30 <u>Sing Along</u> 13.30 - 15.00 | Thursday 27^{th d}  <u>Arm Chair Exercises</u> 10.00 - 11.30 <u>Hairdresser</u> | Friday 28th <u>Indoor Garden Games</u> 10.00 – 11.30 <u>Reminiscence</u> 13.30 - 15.00 | Saturday 29th  <u>Ball Games</u> 10.00 - 11.30 <u>Sing Along</u> 13.30-15.00 | Sunday 30th <u>Exercises</u> 10.00 - 11.30  <u>Cinema experience –</u> 13.30 | Monday 31st  <u>Board Games</u> 10.00 - 11.30 <u>Bingo/Pamper</u> 13.30 – 15.00 | |

In the Spotlight this month
is...



Beth

Beth is our new relief Senior.

*Beth has only been with us for 8 months and she
says she is very happy to be promoted.*

Very well deserved, Congratulations!!



WE CELEBRATED
DONNA'S
BIRTHDAY

HAPPY
BIRTHDAY

to you
30 6 23

Friends & Family

We would like to welcome all our new residents and their relatives to Blair Park.

Our building works are continuing to progress well. They have finished downstairs and are now working upstairs.

We are having our Summer Fête on Saturday, 8th July 2023 from 2.00 pm to 4.00 pm. All are welcome to visit.

We have a drag artist, Chamonix, coming in on Friday, 14th July 2023 from 2.00 pm to 4.00 pm. It would be amazing if you could join your relative for the entertainment.

On Monday, 17th July 2023, we have River's Rodents coming back. They bring in pets for the residents to see and handle if they wish.

On Friday, 28th July 2023, we will be having an interactive music session if you would like to attend. This will be 10.30 – 11.30 am.

We have activities planned so please check the activities board when you come and visit your relative.

Blair park

**2 BEECHWOOD AVENUE,
CROWN ROAD, MILTON
REGIS, SITTINGBOURNE
ME10 2AL**

**Summer
Fete**

**SUMMER
'VIBES'**



Saturday 8th

July

2-4



**Singer
Stalls**

Fun in the sun





LIVE

MUSIC

**Interactive music
session**

Friday 28th July

10.30-11.30

With Christine

Thank You
FOR YOUR
SUPPORT

Getting in Touch

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Kent. ME10 2AL

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