

# The Vale Newsletter



*Welcome to The Vale's November Newsletter we  
hope you enjoy!*

*We celebrated edna's birthday*  
*Happy birthday*





G-fitness visited to do armchair exercises



# *Arts and crafts for Halloween*





# *Halloween celebrations*



*We sadly lost our much loved 'sarah' this month  
Our deepest condolences to sarah's family and  
friends she will be greatly missed by all*





*Upcoming this month*

*1<sup>st</sup> Phyllis birthday*

*12<sup>th</sup> church service for remembrance day*

*14<sup>th</sup> hairdresser*

*15<sup>th</sup> chiropodist*

*19<sup>th</sup> Brenda's birthday*

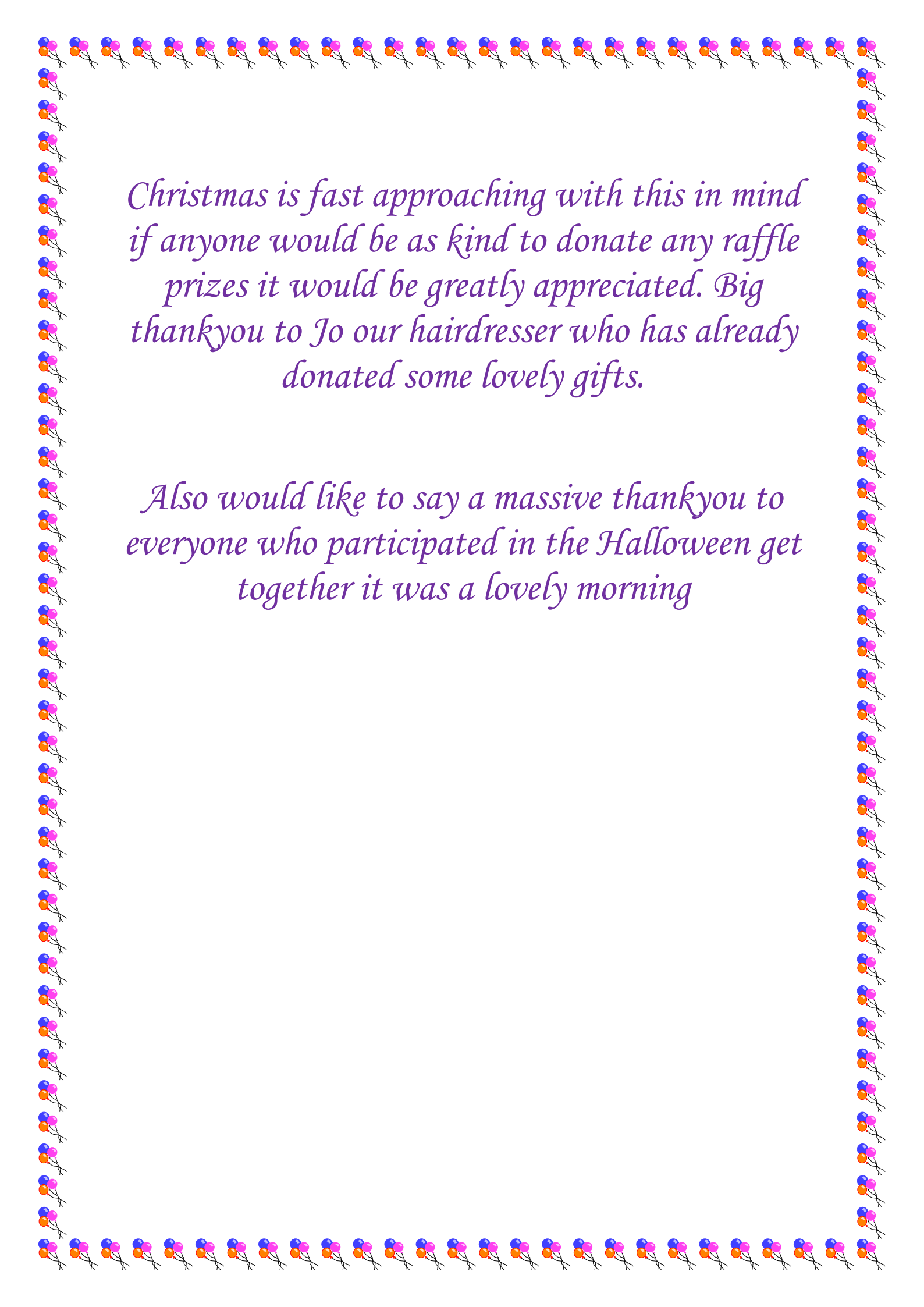
*21<sup>st</sup> November best of British with jasmine 2pm*

*28<sup>th</sup> hairdresser and Linda's birthday*

*More to be added*

*Daily activities*





*Christmas is fast approaching with this in mind if anyone would be as kind to donate any raffle prizes it would be greatly appreciated. Big thankyou to Jo our hairdresser who has already donated some lovely gifts.*

*Also would like to say a massive thankyou to everyone who participated in the Halloween get together it was a lovely morning*





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