The Vale Newsletter

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March 2025



Welcome to The Vale's Monthly Newsletter, we hope you enjoy!





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Pamper sessions as well as our usual visit from the hairdresser.



Different activities, such as doing puzzles, drawing, dominoes and Bingo!





Up and coming Events at The Vale

We have four more resident birthdays to celebrate in April!

We will be having a visit from John Boyd for a fun hour of armchair exercises.

We are also running a Guess the Easter Bunny's Name competition with an Easter Egg and bottle of Chocolate liquor up for grabs as the prize.



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