

## **A busy week of activities at Abbotsleigh Care Home**



**We've had another busy week at Abbotsleigh Care Home, with a wide range of activities to keep us all active!**

We've had music and dancing sessions and some long, peaceful walks which made the most of the recent pleasant weather.

We've also been busy making poppies to help cover our local church for Remembrance Day - a project we are delighted to be involved with.

PAT dog Ruben came to see us, which always brings smiles to the faces of our residents.

Other activities have included a coffee morning, bread making, a visit from the hairdresser and a session of 'shopping reminiscence' using old money, to trigger happy memories of the past . We've even had a go at melting crayons to make colourful art!

We've had a trip out to Millbrook Garden Centre, which is always a popular destination with our ladies and gents.

Finally we welcomed a new member of the team - Rachel. Welcome to Abbotsleigh Rachel, you can rest assured we'll keep you busy!!



