

Abbotsleigh Care Home residents enjoy a packed week of activities



We had lots of fun with our residents last week at Abbotsleigh Care Home.

On Monday we welcomed a most unusual guest - a rather large and friendly teddy bear! This was in celebration of '*National Teddy Bear Day*'. He brought an amazing amount of laughter to all of us.

Lisa our Hairdresser came to see us and do some of our residents' hair. We decided to make it into a special **Pamper Day** for everyone by doing nails and a little make-up and lippy, which was really enjoyable.

Our **coffee morning** on Wednesday got some of our residents and families reminiscing about hop picking and their involvement in it with their families. They talked about the wonderful holidays they had, even if it was only to see their friends every year! One family member brought us in a photograph of his mother picking hops in 1959 and showed us photos of the containers and the process of picking the hops. We had been given a sack full of hops so we could all smell and feel them, which was very evocative and really brought the discussion to life. We all ended up with yellow hands!

Ruben our **PAT dog** came to visit us in the afternoon, which we always look forward to.

On Thursday, Henry came to do some **arm chair exercises** with our residents. Our ladies and gents really enjoyed it – if not for the

exercise, definitely for the music, which was lively sixties rock n roll and some swing!

We made some beautiful cards with pressed flowers on Friday, as well as some lovely lavender wands made with the fresh flowers from our garden.

We are all looking forward to seeing what next week brings!







