

## From swing music to dog racing at Abbotsleigh Care Home



### **Our residents at Abbotsleigh Care Home enjoyed a very varied calendar of activities last week.**

Two of our ladies celebrated their birthdays and enjoyed a beautiful cake each. We also had a visit from Sam, our wonderful hairdresser, who we always look forward to seeing.

### **Let's go on holiday...**

We held a special '*Holiday reminiscence*' coffee morning which was good fun. We called it '*What shall we pack?*' and talked in a group about what we would need to pack in a suitcase if we were going on holiday. The idea was to spark themes and start conversations and it worked very well, especially as we showed pictures of items to jog memories (... everyone forgot their sun cream!). We all enjoyed talking together in a group around our dining table, tea and biscuits to hand!

### **Live music**

We were delighted to welcome '*Miss Holiday Swing*' - a wonderful vintage-style singer who looked and sounded the part! She performed songs from the 1960s and our residents enjoyed dancing, which was lovely. Everyone clapped when she sang a long high-pitched note! Such super entertainment which we all thoroughly enjoyed.

**Gone to the dogs!**

We also had '*Fun at the dogs*', as Phil came in with his greyhound dog racing DVD, team bibs and prizes. We had bibs for teams to represent the dogs in the race and thought of the race names ourselves. We got well into the spirit of things - shouting at the television as our dogs were racing! Prizes were awarded for each race and we all enjoyed 10 short races, with everyone winning something. Thanks again to Phil for organising it, it was such great fun.

During the week, we have also been preparing decorations for our upcoming Hawaiian party, which we are all looking forward to on Saturday 23rd February. *Get the date in your diary!*



