

What's on at Abbotsleigh Care Home this Springtime?



Here at **Abbotsleigh Care Home**, we understand how important it is for elderly individuals to remain active and pursue old and new hobbies. Pursuing old hobbies is great for reminiscence which instills feelings of contentment and happiness, while trying something new is great for raising spirits and generating feelings of accomplishment. For this exact reason, we ensure **there is something for everyone here**, regardless of physical ability.

Back in February we held the most **wonderful day of of Indian Culture here in the Home** ' we created our very own **India Day** which included authentic, traditional Indian music and dancing, plus deliciously home-cooked food. Residents were exhilarated by the array of colour with the beautiful costumes worn by staff, and the energy of many younger members of our residents' families who came along to join in with the celebrations. (Click [here](#) to read more on this.)

February also saw the **first ever Zumba class at Abbotsleigh Care Home**. Completely new to all of our residents, **it was very engaging and energetic fun**. For our residents who are more mobile, **they enjoyed half an hour of music and dancing, which is very good to promote fitness and a sense of well-being**. For our residents who have limited or no mobility, they still took part and could be seen **waving pom poms or tapping along to the beat!** We will be holding **Zumba** classes once a month ' please contact the **Home** for more information.

Our **Easter celebrations kicked off last week with many residents having great fun decorating Easter bonnets** ' ready for the delicious afternoon tea on **Thursday 2 April**. Residents of the **Home** and members of their families joined in, **enjoying the homemade cakes and hot cross buns**. Throughout April and May, we also look forward to celebrating the birthdays of four of our residents ' another opportunity for family members to join in with their loved ones (and share in more tasty treats) on their special day.

Many residents in our Home enjoy lively musical entertainment ' some enjoy getting up for a dance too. Barry Barton (Singer & Guitarist) comes to us once a month ' playing guitar and singing **well known tunes of the 50s, 60s and 70s** ' it's always great fun! Barry is next coming to **Abbotsleigh on Monday 13 April, from 10.30am** ' so if you fancy coming along to join in, or just have a chat with a member of staff, please give us a call ' the more the merrier.

Barry Barton will also be joining us on **Friday 8 May, in celebration of Victory In Europe Day's 70th Anniversary, for wartime music and sing-a-longs**. It's sure to be a fantastic day of entertainment and reminiscence, with the **Home decorated with posters, flags, banners and bunting, and our Activities Co-Ordinator dressing as a Land Army girl** and reading true stories from a book about women in the Land Army. You could also enjoy a **"wartime lunch" of corned beef and mash**, and as a memento of the day, you'll get your very own **"Ration box" containing a chocolate bar**.

For those who fancy something quieter, we hold **Tea Parties in the lounge every Wednesday afternoon** ' you are always welcome to **join us for a cuppa and a chat**. We also hold **Church services in the Home every two weeks** ' our most recent one was this morning, **8 April**, and it included a peaceful **Christian service with Bible readings, and upbeat hymns**. **Our next service will take place on Friday 17 April, 10.30am** ' please contact the **Home** for more information. In our **Atrium area upstairs**, we hold regular **Movie afternoons**, and this area is ideal for some **quiet time, reading and relaxing**.

Also, if you or your loved one fancy a **pampering in the Hair Salon***, **Hairdressing and Nail services are available all day every Tuesday**. We can also arrange **Physiotherapy, Chiropody, Newspapers, Opticians and Dentists**. (**These services carry an extra charge*).

Please check back each week to stay up to date with **What's On in the Home**. Feel free to pop in any time ' just get in touch using the details below.

Click [here](#) for more information on **Abbotsleigh Care Home**.

Abbotsleigh Care Home

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