

News from 
CHERRY WOOD GRANGE
CARE HOME

Dear friends,

We've cherished the Christmas festivities and spent some time reflecting on the love, laughter, and cherished memories from recent months. We hope you enjoy these highlights!



Merry and bright

We all got into the Christmas spirit with our annual lights switch-on extravaganza! We had a snowy winter wonderland, lots of delicious food including homemade waffles, warming drinks, and festive entertainment. Thank you to everyone who popped along to see us!

Other December highlights included making homemade Christmas cards during art therapy class, a Christmas carol concert performed by our residents - including two solo performances, and visits from children from a local school who entertained us with their beautiful singing.

Friendship, yoga and a cuppa



The gentle poses of seated yoga have uncovered a shared love of fitness for friends Sheila and Kathy at our home. The relationship that has developed between them is lovely to see and proves that you are never too old to make new friends!

The class – led by yoga instructor Bryanna – consists of gentle stretches, breathing exercises, yoga poses, and relaxation, and includes a break midway for tea, biscuits and chat. It's been lovely to watch Kathy and Sheila's friendship blossom. Yoga is a fantastic way for our residents to socialise and have fun, while keeping fit.



Lest we forget



On the 11th day of the 11th month our Cherry Wood Grange residents came together for a two-minute silence at 11am. We then went on a trip down memory lane with singer Tracey Lea performing Vera Lynn and classic wartime songs. These are songs that our residents know and love, and they enjoyed singing along and a few even got up and had a dance.

Many of our residents have served in the armed forces, or have family members who have, so it's a time to give thanks for their duty and to remember those who have fallen.



Treats not tricks



Back in October, we invited our team members' children into our home for a Halloween party with a difference! We had lots of spooky fun, including a Halloween treat trolley and a buffet kindly prepared by our catering team, and the children also got the chance to decorate their own lanterns, ready to bring with them to our Christmas lights switch-on event. The children had great fun making these and they looked wonderful at our Christmas celebration.



With love,
Sue Smith
Home Manager

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We always love reading your comments on Facebook!
Here are a few recent ones:

"You guys are all amazing!" Lesley

"The best team. Thank you for everything." Kim

"You have such wonderful ideas for your residents nutritional needs." Helen



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