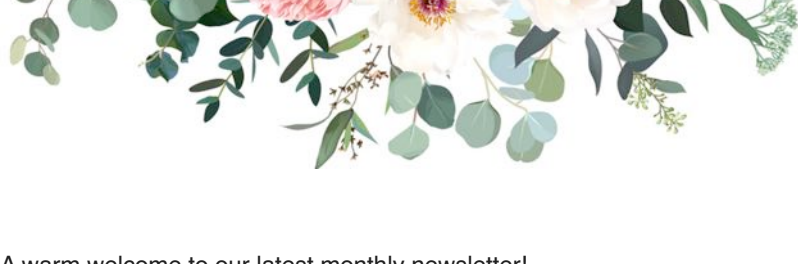


## Welcome To Our Newsletter



A warm welcome to our latest monthly newsletter!

The past month has been a whirlwind of activities, and it's hard to believe that we're already in the middle of 2023.

We're thrilled to announce that we've had an incredible month, filled with numerous joyous occasions. In this edition of the newsletter, we'll be highlighting some of the unforgettable moments that made this month truly exceptional.

If you know someone who would like to receive our email newsletters/updates just let us know, or forward them the newsletter sign up link below:

**Newsletter Sign-Up**

Best wishes,

**Mary Tolladay**  
Home Manager



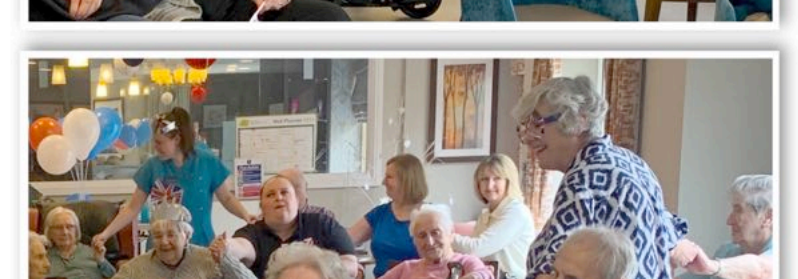
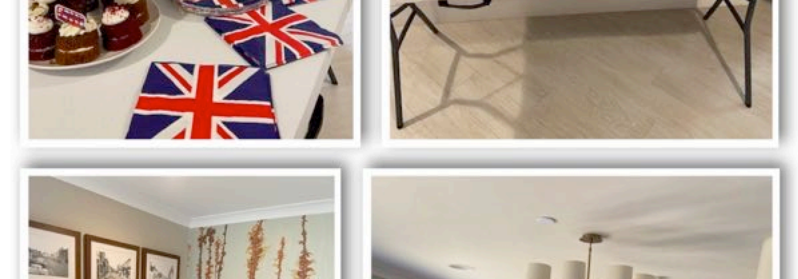
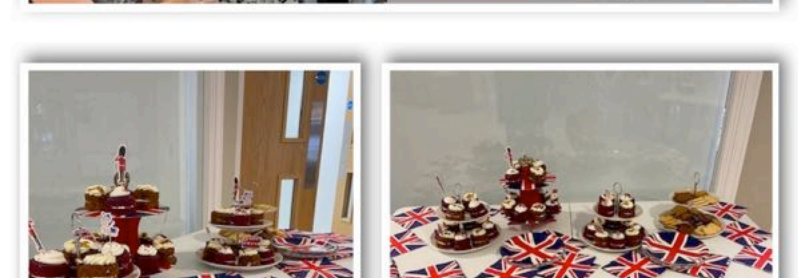
## King's Coronation



### *Congratulations!*

On Coronation Day, we had an absolutely fantastic time celebrating the crowning of King Charles III.

We were entertained in the morning by Malcolm and then in the afternoon by Elton John (Phil). Residents, relatives and staff all had an amazing day and we were treated to some truly wonderful food from the kitchen too.



## The Big Help Out



### *Keeping Busy!*

The Big Help Out was a national day of volunteering that took place on 8th May, which was the Monday of the Coronation weekend. We were proud to support The Big Help Out by litter picking locally with other volunteers. It was a great opportunity to give back to our community and help out in whatever way we could.



## Jordan's Mill

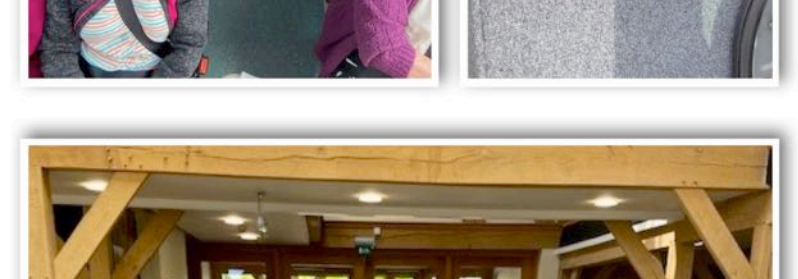
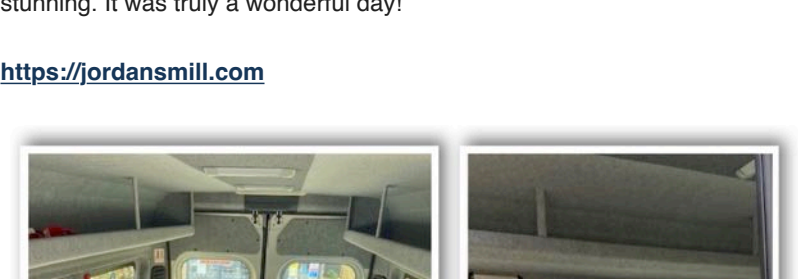


### *Out & About...*

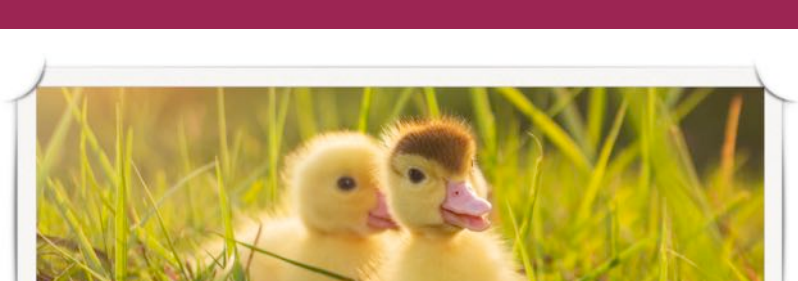
We recently had the pleasure of visiting Jordan's Mill and it was an amazing experience for everyone. We would like to extend a huge thank you to David, our driver, and the staff at Jordan's Mill for being so helpful and kind to us. We couldn't have asked for better service. Additionally, Jackie, one of our volunteers, was a huge help and we are grateful for her assistance.

The historic flour mill, which has been home to the Jordan family for over 150 years, was a fascinating glimpse into the past. The 19th Century Mill has been beautifully restored and the glass screen dividing it in two was stunning. It was truly a wonderful day!

<https://jordansmill.com>

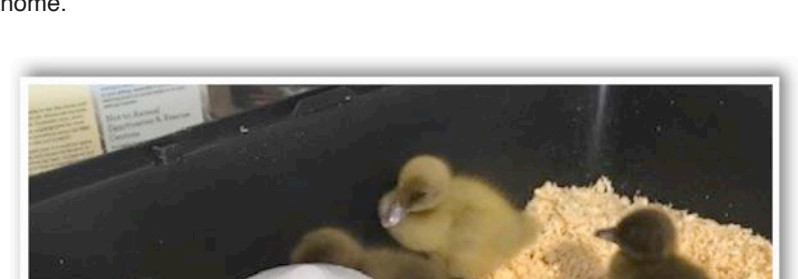


## Little Visitors

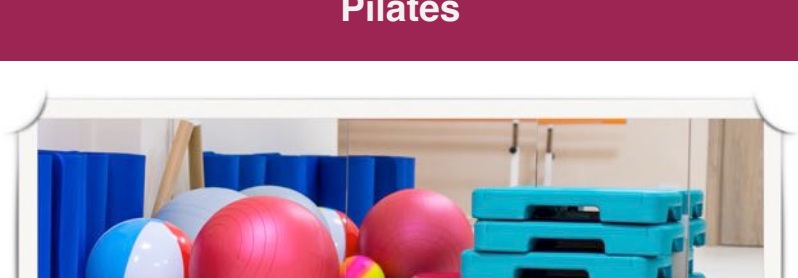


### *New Experiences*

We recently had some duck eggs arrive at Penrose Court in an incubator. It was amazing to watch them hatch and grow into beautiful ducklings. Everyone here really loved this experience and it brought a lot of joy to our home.

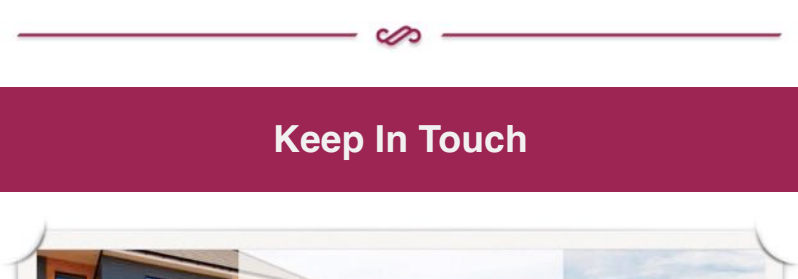
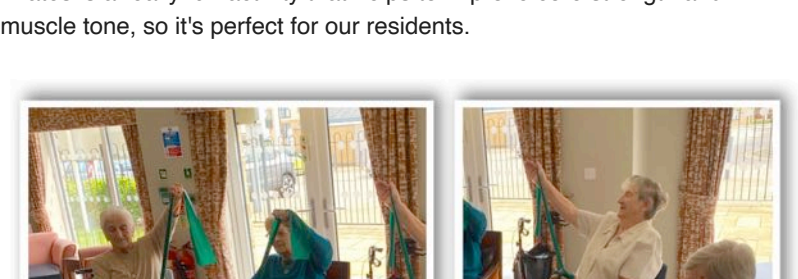


## Pilates



### *Staying Active*

Adele recently provided Pilates for our residents and everyone enjoyed it immensely. It was great to see so much concentration and enthusiasm. Pilates is a really fun activity that helps to improve core strength and muscle tone, so it's perfect for our residents.



## Keep In Touch



Communication is key, so make sure to check out our [Penrose Court Facebook Page](#) and give us a Like! We love to share photographs of what we have been up to recently on this platform.

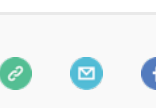
## Leave A Review



We would greatly appreciate all feedback, reviews or suggestions you may have. Please contact us directly or leave a review through the link below:

[CareHome.co.uk Reviews](#)

[Google Reviews](#)



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