INTRODUCTION

Message From Our Manager

As we move towards the lighter days of spring, it is a pleasure to look back on a busy and enjoyable winter months here at Penrose Court. The start of the year has brought a wide range of activities, celebrations and shared moments, with residents, relatives and staff all playing their part in creating a warm and welcoming atmosphere throughout the home.

We continue to focus on providing meaningful activities that support wellbeing, encourage social connection and, most importantly, bring enjoyment to everyday life. Thank you to everyone who has contributed their time and enthusiasm.

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,

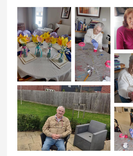
Mary Tolosky
Home Manager

ACTIVITIES & EVENTS

Arts & Crafts

With spring approaching, our arts and crafts sessions have taken on a seasonal theme. Residents enjoyed a flower-making workshop, creating bright and cheerful blooms which are now displayed around the home as table decorations. The activity sparked plenty of conversation about favourite gardens and flowers from years gone by.

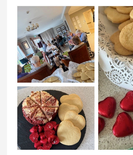
We have also begun nurturing buds into the garden as the weather improves, for fresh air, and also to smell the lavender seeds, a simple but meaningful reminder that warmer days are on the way.



Valentine's Day

Love was certainly in the air on Valentine's Day. We marked the occasion with special Valentine Bingo sessions, complete with heart-themed prizes and plenty of friendly competition.

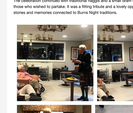
The lounge was decorated in red and pink, and it was lovely to see residents exchanging kind words and enjoying the light-hearted spirit of the day together.



Burns Night

In January we celebrated the life and work of Robert Burns, Scotland's national bard. We were grateful to one of our relatives who delivered a spirited recital of Address to a Haggis.

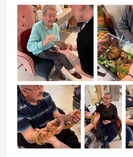
The celebration continued with traditional haggis and a small dram of whisky for those who wished to partake. It was a fitting tribute and a lovely opportunity to share stories and memories connected to Burns Night traditions.



Zoolab Visit

We were pleased to welcome Sarah from Zoolab, who brought along a variety of animals as part of an educational and therapeutic session. Residents were given an informative talk about animal welfare and some of the myths and legends surrounding the different species.

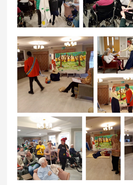
There were opportunities to hold or gently interact with a snake, snail, spider and other creatures. The session prompted curiosity, conversation and, in some cases, a little bravery. It was an experience enjoyed by all who attended.

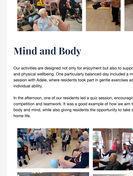


Pantomime Fun

Our interactive pantomime performance of Snow White and the Seven Dwarfs brought plenty of laughter to the home. Staff took on the main roles, while one of our residents stepped confidently into the role of narrator.

There were a few forgotten lines and some spontaneous ad-libs along the way, but that only added to the enjoyment. The shared laughter and applause at the end made all the preparation worthwhile.

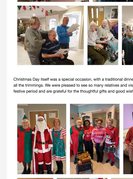


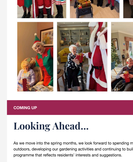


Mind and Body

Our activities are designed not only for enjoyment but also to support both mental and physical wellbeing. One particularly balanced day included a morning Pilates session with Adele, where residents took part in gentle exercises adapted to suit individual ability.

In the afternoon, one of our residents led a quiz session, encouraging friendly competition and teamwork. It was a good example of how we aim to nurture both body and mind, while also giving residents the opportunity to take an active role in home life.

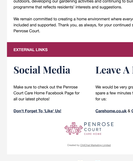




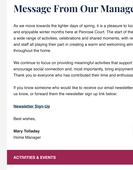
Christmas Celebrations

The weeks leading up to Christmas were filled with activity. Residents enjoyed making wreaths for their doors with guidance from Corrine at Bloom, adding a personal and festive touch to their rooms. Christmas Jumper Day brought colour and humour to the home, with staff and residents joining in.

We were delighted to welcome Neptune Cubs, who sang carols beautifully, as well as live entertainment from Something Else. A visit from Father Christmas ensured that every resident received a gift, and our Christmas Party was well attended.



Christmas Day itself was a special occasion, with a traditional dinner complete with all the trimmings. We were pleased to see so many relatives and visitors over the festive period and are grateful for the thoughtful gifts and good wishes received.



COMING UP

Looking Ahead...

As we move into the spring months, we look forward to spending more time outdoors, developing our gardening activities and continuing to build a varied programme that reflects residents' interests and suggestions.

We remain committed to creating a home environment where everyone feels valued, included and supported. Thank you, as always, for your continued support of Penrose Court.

EXTERNAL LINKS

Social Media

Make sure to check out the Penrose Court Care Home Facebook Page for all our latest photos!

Don't Forget To 'Like' Us!

Leave A Review

We would be very grateful if you could spare a few minutes to write a review for us:

Carehome.co.uk & Google Reviews

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