

INTRODUCTION

Message From Our Manager

Welcome to our Autumn Quarterly Newsletter from Penrose Court Care Home. We've had an enjoyable few months, with residents trying new activities, celebrating seasonal occasions and spending time together. From introducing boccia to our activity programme and celebrating Oktoberfest to getting creative with autumn arts and crafts, there has been a good variety of activities for everyone to enjoy.

Our Cruise Week also gave residents the opportunity to experience a little of the Caribbean without leaving the comfort of our home, while our visiting entertainers and exercise sessions continue to be popular.

As we look towards the festive season, we would like to thank our residents, families, friends and staff for their continued support. We hope you enjoy reading about some of our recent highlights.

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,



Daniel Grab
Home Manager

ACTIVITIES & EVENTS

A New Game – Boccia!

We've introduced an exciting new activity at Penrose Court with the arrival of boccia, a precision ball game that encourages players to get their coloured balls as close as possible to a smaller target ball. Our residents have enjoyed getting to grips with the game, and even Lindsay, our Administrator, was eager to join in with the fun!

Boccia is a particularly inclusive activity as it can be played from a seated position and adapted to suit different levels of mobility and ability. It helps encourage gentle movement, hand-eye coordination, concentration and strategic thinking, while providing opportunities for friendly competition and social interaction. It's always good to introduce something new to our activity programme, and we look forward to seeing our residents develop their boccia skills over the coming months.



Oktoberfest Celebrations

Our residents enjoyed a taste of German culture as we celebrated Oktoberfest here at Penrose Court. With traditional music, food and drink, it was a lovely opportunity to experience some of the customs associated with this well-known annual festival.

Themed celebrations are a great way to introduce different cultural experiences into our activity programme, giving residents the opportunity to try something different while enjoying good food, music and company. Our Oktoberfest celebrations brought a cheerful atmosphere to the home and provided another enjoyable occasion for residents to spend time together.



Autumn Arts & Crafts

Our residents have been getting creative in preparation for the Harvest Festival and the arrival of autumn. Taking inspiration from the colours and traditions of the season, they made some lovely decorative wreaths and painted ceramic pumpkins, bringing a personal touch to their seasonal creations.

Arts and crafts offer residents the opportunity to express their creativity, make individual choices and enjoy the satisfaction of producing something of their own.

Activities such as painting and arranging decorations can also help maintain fine motor skills, encourage concentration and support hand-eye coordination. Just as importantly, crafting together provides a relaxed setting for conversation and companionship. Our residents certainly put their creative talents to good use, and the finished pieces were a lovely celebration of the autumn season.



Armchair Travel to Barbados

Our Cruise Week took us on a virtual journey to the Caribbean, with Barbados being one of our destinations. We began the day with a Pilates session led by Adele, combining gentle exercise with the excitement of arriving at our next destination.

Some of our residents also enjoyed the special experience of having lunch at the captain's table, adding an authentic cruise-inspired touch to the occasion.

Armchair travel is a lovely way for residents to explore different destinations, discover new cultures and reminisce about holidays and adventures from years gone by. It can encourage interesting conversations about places residents have visited or always wanted to see, while offering accessible travel experiences from the comfort of the home. Combining themed activities, exercise and dining made our visit to Barbados an enjoyable part of Cruise Week.



Keeping Active with SportsCool

Our residents enjoyed an energetic and fun-filled morning with Samual from *SportsCool*. These sessions provide a great opportunity for residents to get moving, enjoy some physical activity and spend time together in a supportive and encouraging environment.

Regular exercise is an important part of maintaining physical and emotional wellbeing, helping to support mobility, flexibility, coordination and confidence.

Activities can be adapted to suit individual abilities, allowing residents to participate at a pace that is comfortable for them. Group exercise also encourages social interaction and provides a little extra motivation to keep active. A big thank you to Samual for making our morning so enjoyable and helping our residents experience the benefits of exercise in a fun and engaging way.



Live Entertainment in Our Pub

We were delighted to welcome Cash to Penrose Court for an afternoon of live entertainment in our very own pub. With his singing and guitar playing, Cash provided a lovely musical afternoon for our residents to enjoy in familiar and comfortable surroundings.

Live music is always a welcome addition to our activity programme, offering residents the opportunity to relax, enjoy familiar songs and spend time in the company of others. Music can evoke memories, encourage conversation and have a positive effect on mood and emotional wellbeing. Our pub provides a particularly welcoming setting for these occasions, allowing residents to enjoy the social experience of an afternoon of entertainment without having to leave the home.

Thank you, Cash, for a thoroughly enjoyable afternoon. We look forward to welcoming you back to Penrose Court again soon.



COMING UP

Looking Ahead...

As we move into the winter months, we're looking forward to celebrating the festive season at Penrose Court, with Christmas activities, seasonal crafts, music and opportunities for residents to spend time with their families and friends. Alongside our festive celebrations, we look forward to continuing our regular exercise sessions, games, creative activities and live entertainment, while introducing new experiences for residents to enjoy.

We would like to thank everyone who has contributed to our activity programme and supported our home throughout the past few months. We wish all our residents, families, friends and staff a very Merry Christmas and a happy and healthy New Year, and we look forward to sharing more of our news in our next quarterly newsletter.

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**

PENROSE COURT CARE HOME

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