



Margaret House

residential & dementia care home

www.margarethouse.co.uk

Newsletter



February 2020



Looking forward to making
some wishes come true!

Best wishes

Gail & Thomas Kelly

Wishing Tree

We have been busy building our wonderful new wishing tree, which is situated on that wall in the corridor to MH & PH—opposite the stairs. Next month we will be asking all the residents for their wishes—things that are still on their ‘bucket list’ or that they would really like to do. These will all then be written out and hung from the leaves and then we will be picking one each month which we will then be doing our best to make that wish become a reality.



New class starting in February

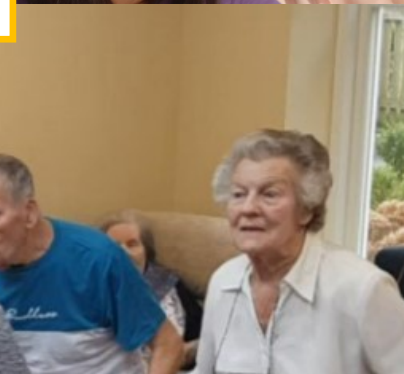
We are delighted to announce that we will be trialling a new Tai Chi exercise class on Mon 17th February. The class will be run by Vindi, a fully qualified and insured Tai-chi instructor with many years of experience. The class will involve gentle moves that can be done either seated or standing up, Tai Chi combines deep breathing and relaxation with flowing movements. Originally developed as a martial art in 13th century China, it is now practiced around the world as a health promoting, low-impact, relaxing and mindful exercise session that helps improve balance, posture, overall mood and general mobility.

Care Home for all ages! We have been busy making more plans to do things together with the children from Barley School this year. Coming up soon we will be Pancaking racing and then for Easter, hard boiling and decorating our eggs before competing in the Easter Egg races. We are also going to be sharing our Gardening Club with the children and will be looking to have some suitable entries for the Village Show later in the year. We are also going to be joining them for their weekly art class and for dance club as they prepare for their dance festival in May, so will have lots of lovely intergenerational activities going on over the coming months.

What we have been up to in January



Enjoyed a dance together to celebrate Isabelle's birthday



Had a walk to the Fox and Hounds pub and enjoyed a 'half' when we got there



Made the most of the Magic Table



Enjoyed the still life art session painting some flowers



Please visit our website to see all the activities that we have coming up for the following month : [www.margarethouse.co.uk/News & Event's](http://www.margarethouse.co.uk/News%20&%20Event's)

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