



Russetttings

Residential Care Home Newsletter

MOTHER'S DAY

There is a lot to celebrate in March, but Mother's Day stands out of all. We planned activities around this very special day to share memories of our mothers and/ or being mothers. It was heart-warming to hear the lovely memories about our residents' mothers, their unconditional love, the sacrifices, the great cooking and sense of humour that served well through years of hard times.



SPORTY ACTIVITIES

Our fun exercise activities bring not only joy, but healthy active time into our life at Russetttings. It seems they inspire more and more residents to participate. We could think they do not require hard physical efforts, but when you watch how enthusiastically our residents try to catch, toss, and kick balls and balloons, you could change your mind. They are amazing!



BIRTHDAYS

We had three birthday celebrations in March. Maya, Michael and Edward were born in this beautiful spring season. It is said that people born during this period often show empathy, imagination and a deep emotional life and tend to be dynamic, direct and motivated by challenges. We wish the very best for our March residents!!



CHILDREN VISITS

We are so lucky to have a very supportive community in Balcombe. This month first the little kids from Buttercup Barn nursery visited with our residents and at the end of the month the Balcombe Primary School students performed an Easter play to us. We all had a great time to have the lovely children, to watch the performance and to listen to the children singing. We are looking forward to seeing them again!



ENTERTAINMENT

We had amazing performances in March as Lilly, Tania, Susanna, Rosie entertained us with beautiful songs. There was sing-along, tambourine to hit, rhythm makers to shake, ribbons to wave and even residents' and staff dancing too. They were all fun and we enjoyed them a lot.



SHARP MINDS

We had many different activities during the month: there have been reminiscing, gardening, arts & crafts, and also hard thinking activities. It seems that several residents enjoy and ask for trivia type of games so we offered a variety of Quiz Games: Spring / Mothers' day / Famous Women in History / St. Patrick's Day / World Poems / and even Shakespeare theme in March. We promised to have some again in April.



ANIMAL VISIT

We had a unique experience to get to know and even to hold some lovely, rare animals this month: Tommy the Tenrec, Winston the Skinny Pig, and Barbara the Bearded Dragon. Almost every resident wanted to hold and stroke them or even to feed them. Those who did not, still enjoyed watching them from a distance. Such a special chance to get to know species native to Madagascar, Canada and Australia.

UPCOMING EVENTS IN APRIL

Here is some of the special events, but we would like to invite All Family Members and Friends to join us in the fun on other days too.

2nd April	3:00 PM		Leila performs
10th April	3:00 PM		Tania performs
16th April	11:30 AM		Residents & Relatives Meeting
21st April	2:30 PM		Marco the Magician performs
23rd April	3:00 PM		Lily performs
30th April	3:00 PM		Jamie performs