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A WARM WELCOME TO OUR
SUMMER 2025

Quarterly Newsletter

Manager's Introduction

As we welcome the warmth of summer, we are excited to bring you the latest news and highlights from our home. Recently, we have participated in various activities and events to keep spirits high and our days filled with joy. From fun summer outings to engaging arts and crafts, there is something for everyone to enjoy.

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

Newsletter Sign-Up

Best wishes,

Dawn 25-10

Dawson Drummond
Home Manager

GladtoCare Week

Amazing Experience

What a wonderful week we all had:

- **Motivation Monday**: We started of the week with yoga and some light stretchmarks.
- **Tuna & Up Tuesday**: Morning tea listened to Dara Ring Singing and enjoyed tuna sandwiches.
- **Wellness Wednesday**: We all helped out in arts and crafts, as it was so hot we then chilled in the garden with plenty of cold drinks and snacks while listening to music.
- **Tasty Thursday**: We started the day with Animals 2 U South West. We got involved looking at and touching the animals and reptiles, some of us were keen than others, especially when the snakes came out! In the afternoon we had a Tea Dance with Dance Fever, we danced with different partner characters, and also one large conga as the centre piece.
- **Feel Good Friday**: After a enjoyable, and hot week of fun, we decided to take it easy and have a quiet movie in our cinema room with lots of treats drinks and of course popcorn!

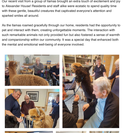
YE Day 80th Anniversary Garden Party

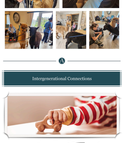
Special Celebrations

This year, we marked a significant milestone with our 80th anniversary celebration of VE Day, a day of remembrance and gratitude for the sacrifices made by our veterans. Our Garden Party gathered a captivating anniversary show that truly brought the spirit of the day to life. The atmosphere was vibrant as residents and staff embraced the festivities with delicious crafts, making beautiful poppies to honour the memory of those who served.

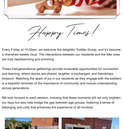
Adding to the festive spirit, we crafted a large model of a Spitfire plane alongside a representation of a World War II fighter plane, commencing up all of the bravery and sacrifice made during those challenging times. As the day progressed, we moved indoors to the cinema room to continue the celebration with a screening of the Flags, colourful decorations, and historical memorabilia that evoked a sense of nostalgia.

The garden party was filled with camaraderie, complemented by a generous spread of refreshments. Participating drinks flowed freely as we enjoyed a delightful buffet, sharing stories and laughter while reminiscing about past events. As we wrap up this lovely celebration, the sun declined in the evening sky, casting a warm glow on our joyful gathering. It was truly a day to remember.





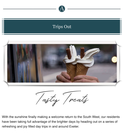
Llamas Joyful Encounter

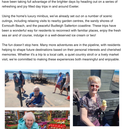


Welcome Visitors

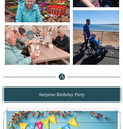
Our recent visit from a group of llamas brought an extra touch of excitement and joy to Alexander House! Residents and staff alike were ecstatic to spend quality time with these gentle, beautiful creatures that captivated everyone's attention and sparked smiles all around.

As the llamas roamed gracefully through our home, residents had the opportunity to interact closely with these majestic animals, fostering a sense of wonder and joy. Such remarkable animals not only provided fun but also blessed a sense of warmth and companionship within our community. It was a special day that enhanced both the mental and emotional well-being of everyone involved.





Intergenerational Connections

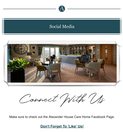


Happy Times!

Every Friday at Holiday, we welcome the delightful Toddler Group, and it's become a cherished weekly ritual. The interactions between our residents and the little ones are truly heartwarming and enriching.

These intergenerational gatherings provide invaluable opportunities for connection and learning, where stories are shared, laughter is exchanged, and friendships blossom. Watching the spark of joy in our residents as they engage with the toddlers underscores the importance of the exchange of wisdom and mutual understanding across generations.

We look forward to each session, knowing that these moments will not only brighten our days but also help bridge the gap between age groups, fostering a sense of belonging and unity that enhances the experience of all involved.



Trips Out

Tasty Treats

With the sunshine finally making a welcome return to the South West, our residents have been taking full advantage of the brighter days by heading out on a series of refreshing and joy filled day trips in and around Exeter.

Using the trusty luxury minibus, we've already set out on a number of scenic outings, including relaxing visits to nearby garden centres, the sandy shores of Dawlish Warren, and the picturesque Exeter Quayside. The Quayside, in particular, has been a wonderful way for residents to reconnect with familiar places, enjoy the fresh sea air and of course, indulge in a well-deserved ice cream or two!

The fun doesn't stop there. Many more adventures are in the pipeline, with residents helping to shape future destinations based on their personal interests and cherished memories. Whether it's a trip to a local café, a quiet country stroll or a lively market visit, we're committed to making these experiences both meaningful and enjoyable.

Surprise Birthday Party

Many Happy Returns

Our residents came together to organise a very special surprise for someone who deserve a great deal but is all - our Home Manager, Dawson. In the days leading up to his birthday, a small group of residents quietly approached the care team with an idea: to host a birthday celebration and show their appreciation for all that Dawson does.

With the support of the team, plans were put into motion for a heartfelt get-together. On the day, the lounge was filled with smiles and warm wishes as residents gathered to sing a beautiful rendition of Happy Birthday, led by Sheila D. Sheila, also spent considerable time preparing a delicious cake for the occasion, complete with her wonderful voice, and it made for a touching start to the afternoon.

The kitchen team prepared a delicious homemade birthday cake that was carefully decorated and enjoyed by everyone, along with a truly pound and a sparkling platter. There was plenty of laughter, stories shared, and a genuine sense of togetherness throughout the celebration.

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