

EXMOUTH HOUSE

Monthly Newsletter



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EXERCISE

Sally Ager

Sally will be joining us once a fortnight for exercise to music

June Activity Dates

2nd—Jubilee street party and tree planting

3rd Church Service

6th National Yo-Yo day

8th Bus trip

16th Sally Ager-Exercise to music

19th Fathers Day

20th Ice cream Soda day

29th Hug Day



WELL DONE

Congratulations to Joe who was voted by their colleagues as staff member of the month



GARDENING

MAKING HANGING BASKET

The gardening club have planted up the hanging baskets, there is a red, white and blue theme for the Jubilee.

June Birthstone

• Pearl •



People have coveted natural pearls as symbols of wealth and status for thousands of years; the oldest written mention being in 2206BC. In ancient China, pearls were believed to guarantee protection from fire and fire-breathing dragons. In Europe, they symbolized modesty, chastity, and purity.

BIRTHDAY

3rd Linda D

4th Mick B

11th Jean L

20th Helen S

30th Molly F

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EXMOUTH HOUSE

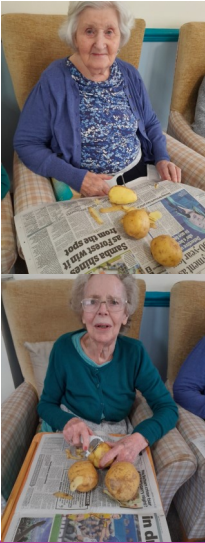
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We were joined by students from Bicton college, Bicton college offers a range of specialist vocational training for people in Devon and Cornwall, we were asked if some of the students could come and help with tasks.



[New staff]

We would like to welcome
Hannah H- Activities
Alice F- Bank Carer



Peeling Spuds

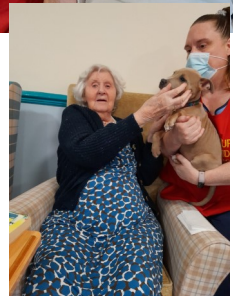
Simple tasks such as peeling vegetables and mixing can be therapeutic for the people with Dementia, allowing them to make a meaningful contribution to a daily task

MUSIC

There is nothing like Vinyl
The residents enjoyed an afternoon playing records



Puppy Love



Alison brought in her new puppy for everyone to meet

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This month we have started redecorating inside the home, work has begun on the main corridor, once completed we plan to begin works on the small lounge.



John our maintenance man has begun power washing outside the front entrance in time for the Jubilee

Exmouth House has just signed up for Oomph on Demand

Oomph! is the UK's leading wellbeing business for older adults, to enhance mental, physical and emotional wellbeing

- Oomph! On Demand features activity ideas, exercise inspiration
- A bank of activity ideas, printable templates and activity books, as well as interactive quizzes and games
- There are live exercise classes, and yoga inspired sessions
- PLUS, the platform features Oomph! TV, which has a library activity how-tos, history talks, sing-alongs, virtual tours and more!

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