



EXMOUTH HOUSE

OCTOBER NEWSLETTER 2019

WELCOME TO OUR OCTOBER NEWSLETTER

THANK YOU SUE!

We say "Thank you Sue for all your hard work!" because Sue is moving on this month

NEW STAFF

We extend a warm **Exmouth House Welcome** to new staff member Freya

RESIDENTS BIRTHDAYS

We congratulate Patricia and Joan on their birthdays this month. Happy Birthday **JEAN H!**
Happy Birthday **JANET!**

ANNIVERSARY

WHO: Jean L

WHEN: Friday 4 October

TIME: 3.00pm

EVENT: 16 years living at Exmouth House

VENUE: Exmouth House Lounge

REFRESHMENTS: Sherry, Cake

MUSIC BY: Gramophone kindly donated from his own home, Exmouth House resident Geoff

OUTINGS

Our next **OOMPH BUS OUTING** will take place Thursday 31 October

We will also be going out in the **OOMPH BUS** on **THURSDAY NOVEMBER 14** and **THURSDAY DECEMBER 5** 2-5 pm. Volunteers are welcome to join us

WORLD ALZHEIMERS DAY

We marked **WORLD ALZHEIMERS DAY SATURDAY 21 SEPTEMBER** We have made ribbons dedicated to friends we have made along the way and tied them on the **MEMORY TREE** in our garden. Residents will wear **PURPLE RIBBONS** during the **WORLD ALZHEIMERS DAY**

FORTHCOMING EVENTS

BAKING WEEK: TUESDAY 15 ONWARDS

TUESDAY 15: we are making bread

WEDNESDAY 16: Chocolate Day- we are making chocolate drip strawberries, chocolate dip strawberries and banana, chocolate dip strawberries and marshmallows, hot chocolate cream, flake

THURSDAY 17: we are making cupcakes-jam and fresh cream

FRIDAY 18: we are making scones

EXMOUTH-IN-BLOOM AWARDS

DATE: Wednesday 16 October

VENUE: EXMOUTH RUGBY CLUB

RESULTS of the **SOUTH WEST IN BLOOM** judging along with those of the **LOCAL GARDEN COMPETITION EXMOUTH IN BLOOM** to be announced

PRIZES SPONSORED BY: **KINGS GARDEN AND LEISURE CENTRE** will be presented on the evening

BAR AND BUFFET AND RAFFLE

TEA DANCE:

HIGH AFTERNOON TEA DANCE:

HOSTED BY: **Geoff** one of our residents

DATE: Wednesday 23 October

TIME: 3.00-4.00

DANCING TO: Old Time Music

MUSIC SUPPLIED BY: Geoff's gramophone that Geoff kindly donated from his home for us to use in the large dining room for events such as the

HIGH AFTERNOON TEA DANCE when we can all enjoy listening and dancing to vinyl old time music recordings

Help needed!

CRAFT SALE

location: **THE PAVILION**

date: **TO BE ANNOUNCED**

time: **10.00-4.00**

donations: **home-made crafts to sell would be very welcome thank you.** Exmouth House will be hiring a table at the Christmas Craft Fair. We will be selling Christmas cards and Christmas decorations hand made by us; we have really enjoyed working so hard to produce.

RESIDENTS AND FAMILY MEETING:

Date: **Wednesday 30 October**

Time: **2.30pm**

Where: **Residents' Dining Room**

Refreshments: **Afternoon tea and cake**

REGULAR EVENTS

Pamper Session every Monday afternoon 2.30-4.30: foot spa, hand massage, bring your own make-up

Knit and Chat Circle is every Tuesday 10.30-12.00, when Barbara, Audrey and Sue come in to join us for a time of knitting and chatting. Some are working on knitted **POPPIES** to contribute for the Tower Street Methodist church **KNITTED POPPY WATERFALL** project for this month's Remembrance Day events. All are welcome to contribute knitted poppies of their own to be included in this

Choir: our weekly choir session meets every Tuesday and Thursday 3.30-4.30 pm. All are welcome to sing in this popular session

Card Making: our weekly card making led by volunteer Sue takes place every Thursday at 10.30. All are invited to join for this fun packed session of creative craft

New! Mid-week trips:

Anne and Deborah have recently introduced local car outings, weather dependant, stopping for coffee, tea and cake in this area of outstanding natural beauty that is the Jurassic Coast

Holy Communion is celebrated with us by retired vicar Rev. John Davies at 3.30 pm Wednesday. Please note the new time, changed from the

previous time of 11.30. This month the services will take place on 2 October and 16 October



BLUE PLAQUE LOCAL PLACE OF INTEREST This **BLUE PLAQUE** can be found at Byron Court Exmouth

THANKS

We extend our warm thanks to all those who kindly help us by volunteering

We extend our **GRATEFUL THANKS** to the family of

Jean W for generously providing us with winter bedding plants for all to enjoy

We extend a big **THANK YOU!** To Russ for planting our

winter veg for us

www.carehomes.co.uk is a website that has very useful information for those looking for a carehome for loved ones so they can read real comments and reviews. Although we have our

own CQC rating we have very few reviews on carehomes.co.uk so please take the time if you can to leave your feedback. All your feedback is greatly appreciated and allows others to read your real experiences which can be invaluable