

Charnwood Country Residence Newsletter

July 2021



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Welcome to the next edition of our newsletter. This a great way to share up to date news and some of the meaningful ways we spend our time. We hope that you will enjoy receiving this and any feedback, or suggestions on content is always gratefully received.

Email

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Join us on our Facebook Group for day to day updates on the activities we take part in and other aspects of our daily living

SOME OF THE DELIGHTS SERVED RECENTLY



Anyone who has never made mistakes has never tried anything

new..Albert Einstein

If I cannot do great things I do small things in a great way..

Martin Luther King JR

We had a talk on The Knife Angel which was on display in Hereford, situated in front of the cathedral. We then watched a YouTube video informing us all about it and what it represents. As this is such a momentous display, and unfortunately we were unable to take anyone to see it, we decided to create a knife angel of our own, using lollipop sticks instead of knives. Residents have taken great interest in the development of our very own angel and helped and advised throughout our project ❤️



We Celebrated World Chocolate Day!



Family Visits are always so special



And we are always happy to spend time outdoors



It's wonderful to receive a card or a letter through the post



Linking up with friends

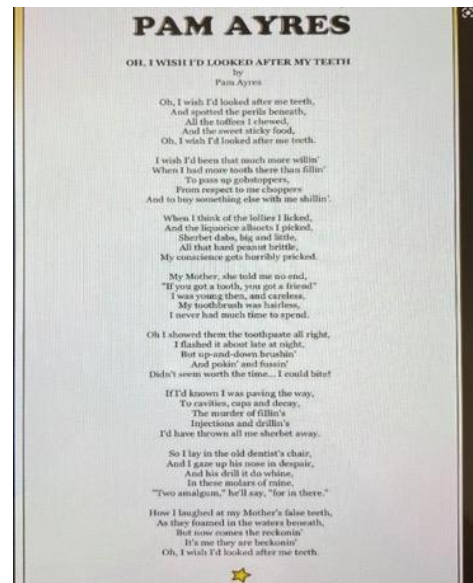
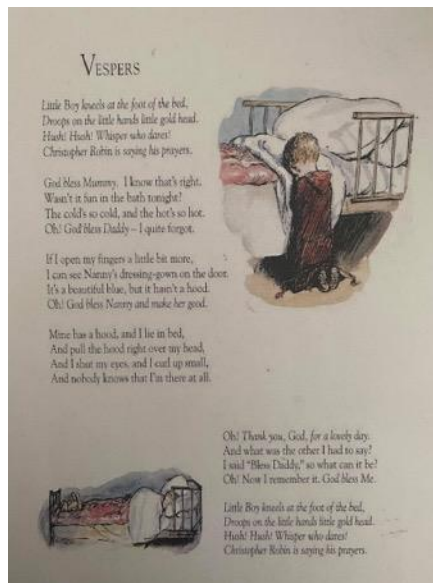
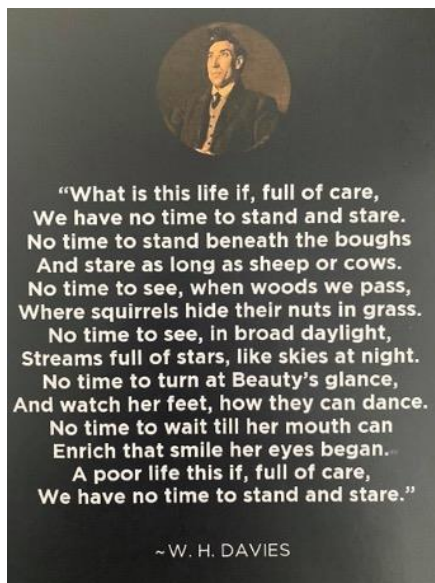
We feel it is so important to make new friends and keep in touch. We have found a great way to do this is to connect with our sister home, Coldwells House, via Zoom twice a week.

Christy delivers a weekly exercise regime to everyone every Wednesday and we join together for a morning of choice, well known, familiar, favorite, seasonal and fun poetry on a Tuesday.

We all look forward to meeting up in person in the hopefully not to far off future!



A selection of the poems we have read out recently...



Poetry is gaining popularity in the senior community as of late, with many seniors opting for different types of [poetry classes](#) that are geared toward them. But reading and writing poetry is more than just a fun activity. Poetry has several other interesting benefits for seniors as well...

Improves Memory

Lowers Stress

Helps with Working Through Emotions

Some of our ladies worked extremely hard creating our very own Olympic banner!



Upcoming events...

Some of our very own Olympic sport activities.

Our Fine Dine Experience and themed day.

Many more arts and crafts opportunities.

Sing alongs and ball fun.

Garden games and village walks.

Weekly exercise, poetry, praise, quiz, reminiscence, flower arranging and bingo sessions.

