

Arattully Care Home *Monthly Newsletter*



Station Lane, Ingatestone CM4 0BL

Our boutique luxury home delivering individual care for our residents



Fitness Motivation

We thoroughly enjoyed our work outs this month with Dean. Getting our bodies ready for summer!
(I think we did more laughing than exercising)



Happy St Patrick's Day

We started the day by singing Irish songs and welcomed Isobel and her band with beautiful Celtic Music. The residents loved singing, drinking Guinness and indulging in Irish Soda Bread and Corned Beef.



Thank you to our lifestyle team!

Our lifestyle team have been providing an amazing selection of activities to keep us busy this month. We have enjoyed creative arts, bingo, games, food tasting and always making time to ensure we are pampered with hairdressers and fresh manicures!



To book a viewing 01277 886 299 Alice@premiumcaregroup.co.uk