

Ardtully Care Home Monthly Newsletter

Station Lane, Ingatestone CM4 0BL

Our boutique luxury home delivering individual care for our residents



New Yoga Classes At Ardtully

We recently held a trial session with a new yoga instructor, and our residents absolutely loved it! We're excited to share that yoga will now be a regular part of our fitness program.

Yoga is a wonderful practice that enhances concentration, improves sleep quality, and boosts overall well-being by helping to connect the mind and body. We look forward to offering this calming, restorative, and engaging activity on an ongoing basis.



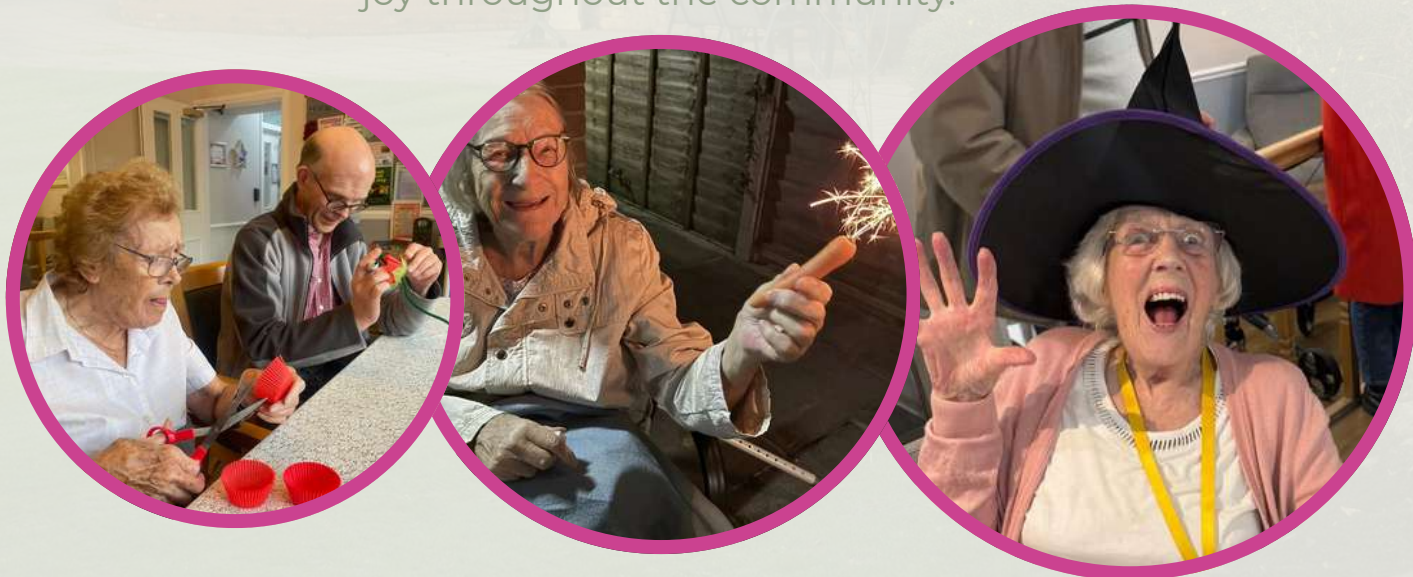
Writing Club

We're excited to share that we've introduced a new monthly Writing Club for our residents! During each session, residents design and create their own cards, then write thoughtful letters or notes to send to friends and family as a lovely surprise.

This month, our group crafted personalised Christmas cards to spread a little extra joy for the festive season. We're looking forward to seeing the wonderful creations and heartfelt messages that come from this club each month.



Beautiful Remembrance Poppies were made as part of a heartfelt commemoration. A moving prayer service, led by Canon Lee and accompanied by Isobel's lovely flute performance, honoured residents on Remembrance Day. Festive celebrations for Fireworks Night and Halloween added excitement and joy throughout the community.



**Coming
up** →

Friday 5th December – Visiting Anglo European School
Christmas party

Friday 12th December – Ardtully Christmas Party 2.00pm

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