

# Ardtully Care Home Monthly Newsletter

Station Lane, Ingatestone CM4 0BL

Our boutique luxury home delivering individual care for our residents



## Happiness Is Free

It's the little things that bring us happiness! We truly enjoyed all the unique answers and are so grateful to see that each of our residents are filled with joy.





# Love Is In The Air

Wishing you a joyful Valentine's Day from our home to yours! A heartfelt thank you to Kitty for the delightful sing-along. It's always a joy to see the residents singing and reminiscing—it truly brings smiles to our faces every time.



## G Fitness Is Back!

Welcome new instructor Dean  
We look forward to seeing you each month and getting stronger and improving our mental and physical health !



To book a viewing 01277 886 299 [Alice@premiumcaregroup.co.uk](mailto:Alice@premiumcaregroup.co.uk)