

Ardtully Care Home Monthly Newsletter

Station Lane, Ingatestone CM4 0BL

Our boutique luxury home delivering individual care for our residents



Sun , Sea & Smiles In Southend

A lovely day by the seaside, with a stroll along the seafront, fresh sea air and beautiful views. There was plenty of fun in the arcades, with our residents having a go on the slot machines, while Doreen certainly provided some entertainment of her own as she discovered the floor water fountain!

And of course, no trip to the seaside would be complete without traditional fresh fish and chips. A fantastic day out filled with laughter, fun and wonderful memories. We're already looking forward to our next adventure.



Our Residents Get Cooking!

Each week, our residents come together for a fun-filled afternoon of cooking, choosing a different tasty treat from our collection of recipes. Recent favourites have included winter quiche, mini pizzas and delicious lemon cupcakes. Cooking together is a great way to encourage conversation, support dexterity and provide meaningful cognitive stimulation, but the best part is always sitting down to taste what we've made! We recently held our very own sausage taste test, sampling three different varieties. There was one clear favourite - sweet chilli sausage!



Our favourite memories from this month

Coffee At Local Cafe



Keeping Busy



Celebrating A Friends Birthday



★ *Dates For Your Diary* ★

5th October Coffee & Chat Morning

14th October Elim Hymns

Please Contact Alison For More
Information

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To book a viewing 01277 568 430 Alice@premiumcaregroup.co.uk