

# Arattully Care Home Monthly Newsletter

Station Lane, Ingatestone CM4 0BL

Our boutique luxury home delivering individual care for our residents



## National Japanese Day

We celebrated a National Japanese Day where we made sushi from scratch and sampled all the delicious ingredients! We also enjoyed sake, flavored teas, and mooncakes.







# Garden Centre Visit

A spontaneous trip to The Hanging Garden in Ongar turned into a joyful outing filled with singing, laughter, and a lovely cup of coffee. We also picked out plenty of beautiful plants to make our home even more vibrant and welcoming!



## Anyone For Tennis?

An afternoon focused on boosting our hand-eye coordination, thanks to the creativity of our amazing lifestyle team! We enjoyed target practice with darts, balloon tennis, and handball catch. It was great fun, filled with laughter - and a fantastic way to stay active and mobile.



coming  
up

**9th September Day Trip To Southend**  
**12th September Local MP Visits Ardtully**



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