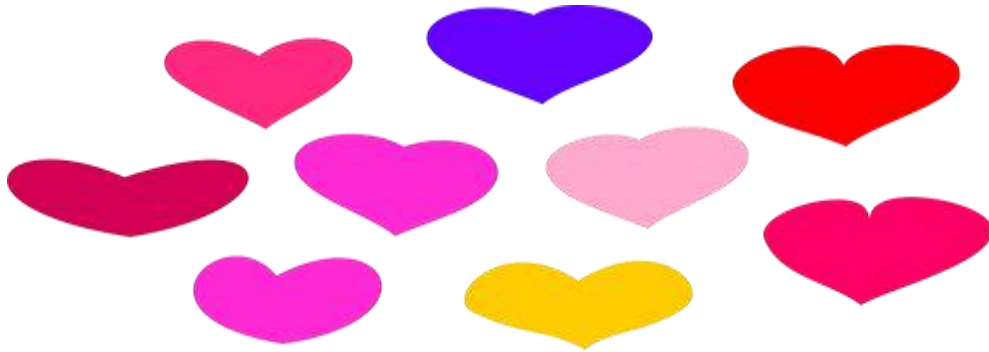


## GREETINGS FROM ST ANDREWS

FEBRUARY 2020



I often think that January is the longest month of the year, and here we are at the end of it, doing all our usual activities and settling into our daily routines.

### Looking at the birds

In conjunction with the RSPB big bird watch, we decided to feed our feathered friends and spent a morning making tasty snacks for them, using wild bird food and cereal, amongs other things.

Residents enjoyed this activity, and some of them watched the birds come and feed from them over the next day or two.



## Singing and dancing

We have had Jeremy come and sing to us this month, and that was a very popular activity. Residents sang along with him, and several got up for a dance, along with visitors. Jeremy sang lots of hits from the 1960s, as well as old favourites that everyone knew and loved.



## REWARDING STAFF

Jasmine healthcare like to reward staff, and to encourage them to do their best in the workplace, and for themselves, and this month staff have received vouchers for being great ambassadors for the

company, as well as gaining qualifications within the group. Well done to Amanda, Jo, Lis, Nicky, Sally and Angie you deserve it !!



## KEEP ON MOVING

We like to keep ourselves moving at St Andrews, and we enjoy a visit from Move for Mobility each month. We find the exercises fun, and easy to do, and we seem to exercise out laughing gear as much as any other part of our bodies in these sessions .



## BIT OF A QUIZ

I was asked by a resident if we could have a small quiz or word game in the news letter, and as I am happy to try, here we go...

WORDS THAT END IN .....NGE

1. A round , juicy fruit that has a thick skin?
2. To group something in a special way?
3. To swap something for something else?
4. Payback for something done to you?
5. A room where people sit and relax?
6. A soft thing that soaks up water, used to clean yourself?
7. To dive or fall into water?
8. Hair that has been cut across the forehead?
9. A test of skill or strength?
10. A sudden forward movement?

All the answers can be found at the end of the paper.

If you would like to contribute a poem, quiz, short story or anything else to our newsletter, please feel free to bring it to Cheryl and we will be happy to add it in

## Notable Dates In February

**7th PYJAMA DAY. ALL STAFF AND VISITORS CAN COME IN  
PYJAMAS, AT THE COST OF £2**

**13<sup>TH</sup> KARL TO SING, 2.30PM**

**14<sup>TH</sup> DEMONSTRATION OF HANDBELL RINGERS IN THE  
MAIN LOUNGE 3PM**

**15<sup>TH</sup> COFFEE AND CAKE IN THE OLIVE LOUNGE, WITH THE  
CHANCE TO HAVE A GO ON THE OMI PROJECTOR TABLE  
2.30 UNTIL 4PM**

**27<sup>TH</sup> RESIDENTS AND RELATIVES MEETING 2.30PM**

**PLEASE FEEL FREE TO JOIN US FOR THESE EVENTS AND  
OUR DAILY ACTIVITIES THROUGHOUT THE MONTH**

						SATURDAY 1 <sup>ST</sup> CARER LED ACTIVITY
SUNDAY 2 <sup>ND</sup> CARER LED ACTIVITY	MONDAY 3 <sup>RD</sup> COFFEE, CAKE AND CHATTER 	TUESDAY 4 <sup>TH</sup> HAIR AND NAILS 	WEDNESDAY 5 <sup>TH</sup> ARTS AND CRAFTS 	THURSDAY 6 <sup>TH</sup> MOVE FOR MOBILITY 	FRIDAY 7 <sup>TH</sup> FILM AFTERNOON  AND PYJAMA DAY	SATURDAY 8 <sup>TH</sup> CARER LED ACTIVITY
SUNDAY 9 <sup>TH</sup> CARER LED ACTIVITY	MONDAY 10 <sup>TH</sup> BINGO 	TUESDAY 11 <sup>TH</sup> HAIR AND NAILS 	WEDNESDAY 12 <sup>TH</sup> LOVERS QUIZ 	THURSDAY 13 <sup>TH</sup> KARL A SINGER 	FRIDAY 14 <sup>TH</sup> BELL RINGERS 	SATURDAY 15 <sup>TH</sup> COFFEE AND CAKE AND OMI PROJECTOR GAMES 2PM
SUNDAY 16 <sup>TH</sup> CARE LED ACTIVITY	MONDAY 17 <sup>TH</sup> AMERICAN THEME WORD GAMES 	TUESDAY 18 <sup>TH</sup> HAIR AND NAILS 	WEDNESDAY 19 <sup>TH</sup> BAKING 	THURSDAY 20 <sup>TH</sup> ARTS AND CRAFTS 	FRIDAY 21 <sup>ST</sup> FILM AFTERNOON 	SATURDAY 22 <sup>ND</sup> CARER LED ACTIVITY
SUNDAY 23 <sup>RD</sup> CARER LED ACTIVITY	MONDAY 24 <sup>TH</sup> BOARD GAMES 	TUESDAY 25 <sup>TH</sup> HAIR AND NAILS 	WEDNESDAY 26 <sup>TH</sup> BINGO 	THURSDAY 27 <sup>TH</sup> RESIDENTS MEETING	FRIDAY 28 <sup>TH</sup> SING FOR MEMORY 	SATURDAY 29 <sup>TH</sup> CARER LED ACTIVITY

## QUIZ ANSWERS

1. ORANGE
2. ARRANGE
3. EXCHANGE
4. REVENGE
5. LOUNGE
6. SPONGE
7. PLUNGE
8. FRINGE
9. CHALLENGE
10. LUNGE

How well did you do?







