

The Eden Times

EDEN HOUSE CARE HOME

ST VINCENT.CO

January 2025



Dear Residents and Families,

Happy New Year 2025! We hope this year brings you joy, health, and happiness. Welcome to the January edition of our newsletter, where we are excited to share the wonderful happenings in our care home community. We are committed to fostering an environment of care, companionship, and fun, and we're excited to share these special experiences with you.

We are thrilled to bring you the latest edition of our care home activities newsletter. This month has been full of joy and laughter as we engaged in a variety of activities designed to enrich the lives of our residents.

From creative art sessions that unleashed hidden talents to lively musical afternoons that had everyone tapping their feet, our calendar was filled with moments that brought smiles to our faces.

As you explore the highlights of this month, we hope you feel as much a part of our community as we do. This month marks 6 months since I started here as activity coordinator and so I just want to say thank you to you all for your continued support and involvement. Enjoy!

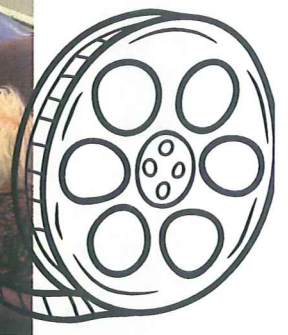
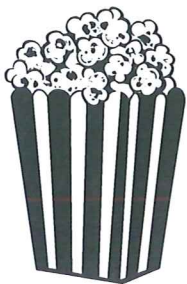
Activities Coordinator

Activities Roundup from the past month

FILM DAY

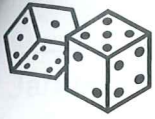


We decided on a Shirley Temple film for our film afternoon. Shirley Temple films are classic pieces of cinema that capture the charm and innocence of early Hollywood. Known for her curly hair and dimpled smile, Shirley Temple was a child star who brought joy to audiences during the Great Depression. Her films often feature uplifting stories filled with music, dance, and heart-warming moments. Films showcased her talent and charisma, often portraying characters who overcome adversity with a can-do attitude and infectious optimism. Watching a Shirley Temple film is like stepping back in time to an era when movies were a magical escape from the challenges of everyday life. We had a chat about Shirley Temple and most people could remember with fondness and everyone enjoyed it.



PRODUCTION _____
DIRECTOR _____
CAMERA _____
DATE **SCENE** **TAKE**

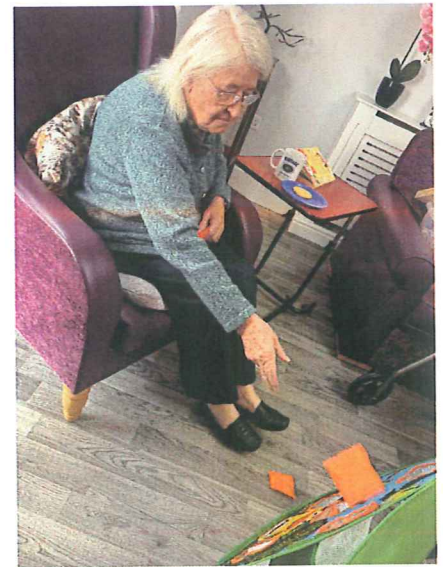




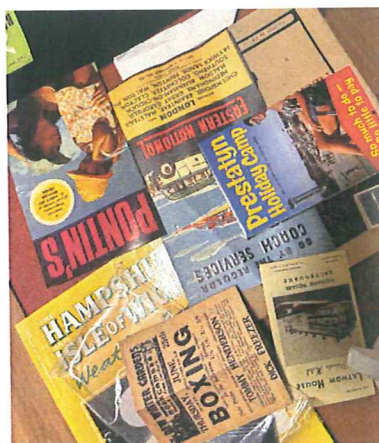
Fun and Games



We spent a fun day playing games like toss the beanbag which many of the residents enjoyed. This activity gets us all moving and helps coordination and brings joy. We also enjoyed some board games and played charades.



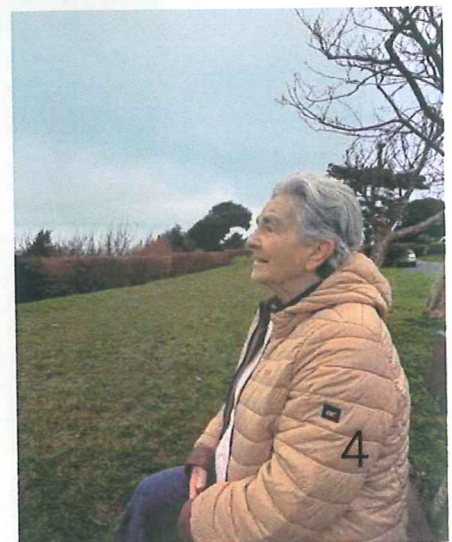
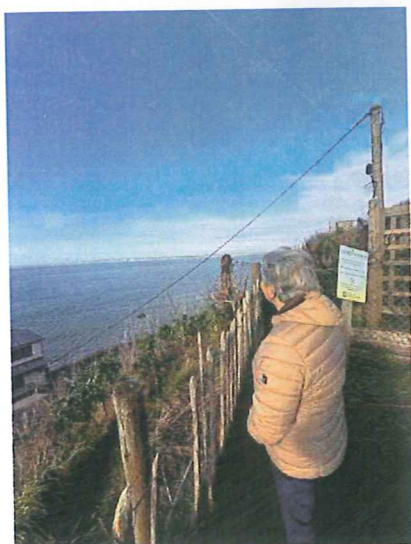
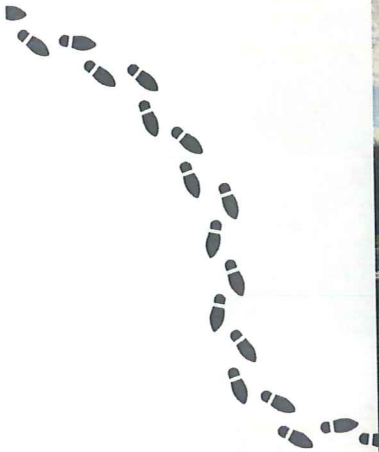
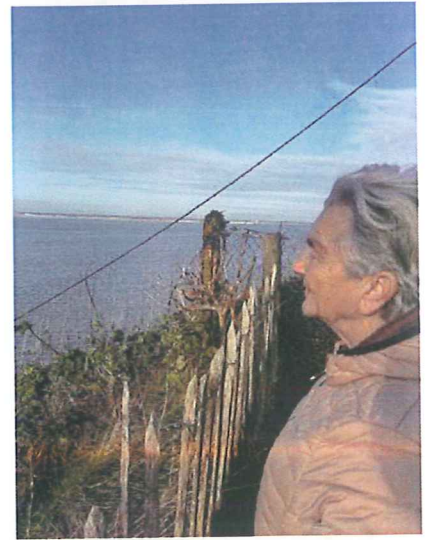
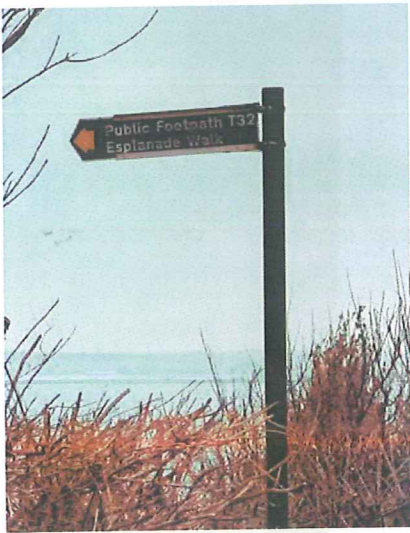
We had a session of reminiscing with past holiday memorabilia. we enjoyed looking over thevintage holiday postcards, rail tickets, pontins books and holiday posters. It brought back so many memories which we enjoyed sharing and chatting about..



Walks to the seafront

This January has brought a few milder days, allowing Dorothy to relish her time outdoors by the seafront once more. We love strolling along the Turf Walk in Totland Bay and even took a recent walk down to the shore. Dorothy truly appreciated being in nature and shared with me her cherished childhood memories, as well as the experiences of raising her own children. She fondly recounted their family adventures in nature, including trips in their campervan and boat during holidays.

We stopped and had a chat with lots of dog walkers on our outings. Dorothy loved stroking the dogs and enjoyed telling the passers by about her own dogs she's had over the years.

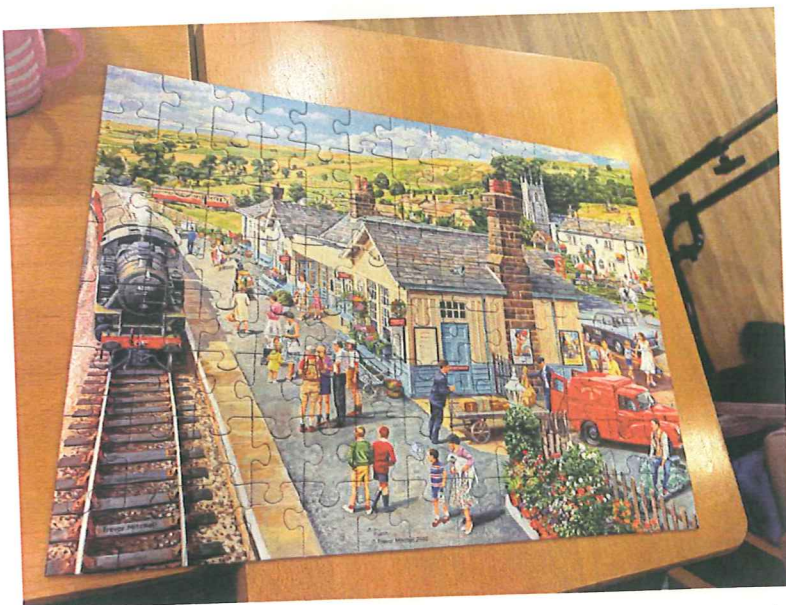
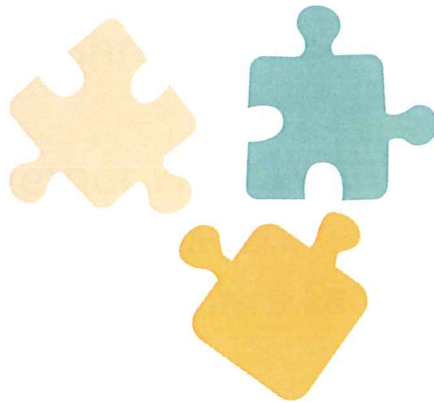
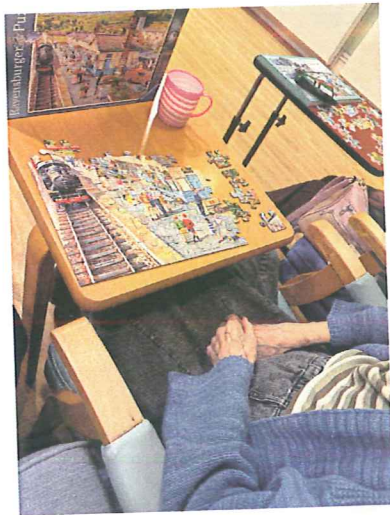
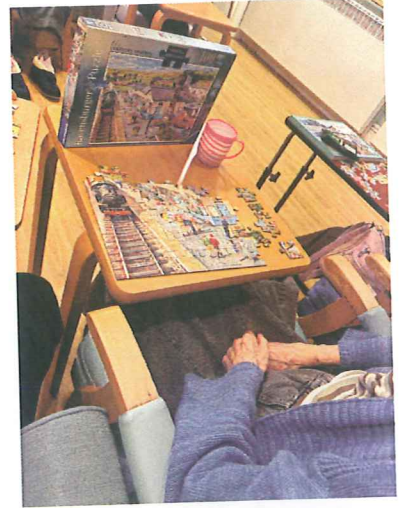


Puzzle day

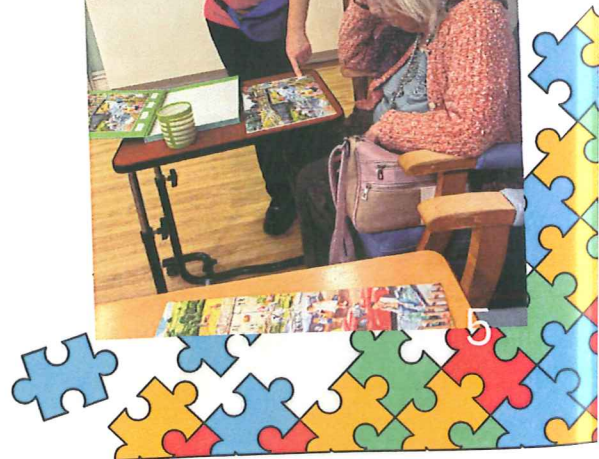
We enjoyed a morning of puzzles in the lounge, Cynthia and Jean both really enjoyed doing these vintage picture puzzles. Vera liked the puzzle of a picture of London too.



Jean enjoying the puzzles with help from Mel



Cynthia enjoyed doing a jigsaw of a railway station scene



Upcoming Dates For Your Diary

January:

29th:

Chinese new year

Churches Together West Wight - Christingle

February:

14th:

Valentines Day

March:

4th:

Shrove Tuesday

5th:

Churches Together West Wight - Shrove service

30th:

Mothers Day





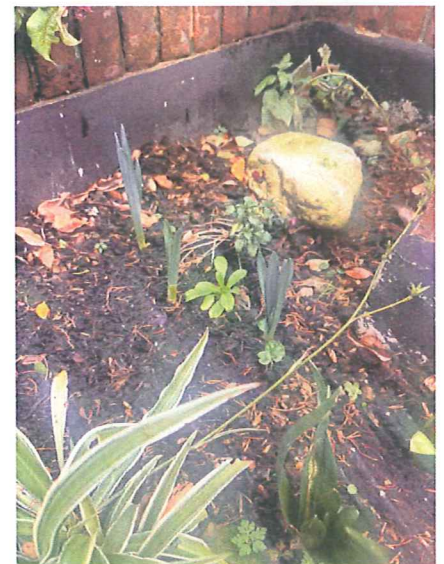
Signs of Spring



Following on from our gardening day last September, Dorothy and I ventured out to the garden to look at the signs of our spring bulbs starting to pop up through the soil. Dorothy really enjoyed looking at the plants in the garden and we decided to plan another gardening day for February. Signs of spring are already starting and warmer lighter days are on the horizon!



Crocus bulbs which we planted last year are coming up



Daffodil bulbs coming up in the flowerbed

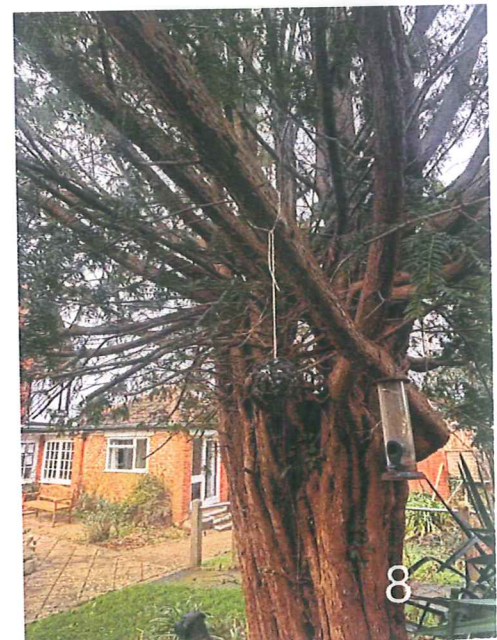


Bird Feeder Making



A craft morning spent creating natural fat ball bird feeders from pine cones and seeds, was a delightful and eco-friendly activity. Engaging in this craft was a wonderful way to connect with nature and spark creativity.

This simple yet rewarding project involved gathering pine cones, coating them with lard and rolling them in a mixture of bird seeds. The result was a homemade bird feeder that will hopefully attract a variety of birds to our garden and also provide them with essential nutrients this winter. We are going to watch out for which birds come to our handmade feeders.





- Lovely flowers that were received for a residents birthday



Sunset at Totland bay

Please let us know if there is anything you would like us to include in the next issue of the newsletter!

We would love to hear any positive stories, fun memories, any favourite poetry and any local positive news that we can include in the next issue from residents, staff and residents families.

Thank you for reading!

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