



# ASHRIDGE COURT

## THE LATEST WINTER NEWS

- Word Games
- Fitness with YMCA
- Pet Therapy and Goodbye to Harvey
- Sing Along Time
- Music for Health
- Out and About
- Hoopla Fun

Interesting articles inside



## Featured Articles



### Pet Therapy

Pet Pals brought along some adorable kittens for our residents to pet. They were quite happy to be handled.

[Read more on page 2](#)



### Halloween Celebrations

Activities Coordinator Lizzie carved real pumpkin lanterns and a fantastically ghostly time was had by all!

[Read more on page 3](#)



### Out and About

We recently enjoyed a lovely day out with a minibus trip along the coast from Pevensy to Bexhill-on-Sea.

[Read more on page 4](#)



## Fitness with YMCA

The Eastbourne YMCA provide a fitness scheme for older people.



Residents really benefit from this exercise

It consists of a selection of gentle exercises suitable for being carried out from a seated position, which makes this form of activity accessible for as many residents as possible. The YMCA provide all the equipment and a trained instructor to lead the session. Our residents enjoy themselves and they all really benefit from this exercise, which improves both their flexibility and stamina.

## Music for Health

Keeping active is very important to our residents' health and wellbeing.

We organise regular visits from Music for Health, a music therapy activity session led by Keith Osborne. Residents join in an enjoyable selection of activities including singing, keeping rhythm using percussion instruments, listening to music and they even took part in a music-based quiz.



Residents enjoy keeping time using percussion instruments



## Hoopla Fun

Residents enjoyed playing the hoopla game.

Residents threw inflatable hoops over inflatable spikes on the floor to score points.

This game may look very easy, but it requires good hand-to-eye coordination. Residents had great fun playing this and there was lots of giggles and laughter, even though it was quite competitive at times.

## Halloween Celebrations

There was plenty going on at Ashridge to celebrate this year's Halloween.

Residents made pumpkin and ghost decorations, which were used to decorate the lounge and dining room. They also took part in a special version of our quoits throwing game where the targets were ghosts. Later, we read ghost stories and listened to an account of the infamous Marie Celeste - one of the most famous maritime mysteries of all time. Activities Coordinator Lizzie carved real pumpkin lanterns, which were added to the seasonal decorations. A fantastically ghostly time was had by all!



Activities Coordinator Lizzie carved real pumpkin lanterns



Residents enjoy getting creative during the arts & crafts session

## Arts and Crafts

The regular arts and crafts sessions at Ashridge are a serious (but fun) business.

Staff and residents are rightly proud of the standard of work they produce. Conventional drawing and painting is complemented by more adventurous activities like collages, montages and sculptures and all this wonderful artwork can be found displayed all around the home.



## Sing Along Time

Residents took part in a rousing sing along session.

It consisted of a wide selection of popular songs led by Dee Rivers, who accompanied them on the keyboard. The home also played host to 'Recollections', a show from Ashford-based singer Scott Jenner. His informal style and great rapport with the residents always proves very popular.

We were also visited by singer Carol George, who always delivers a popular selection of songs from a wide range of eras and genres. This provided plenty of opportunity for our residents to sing along and join in with the fun.



Union Jacks fly at Bexhill-on-Sea

## Out and About

Residents always enjoy regular trips out and about in the home's minibus to enjoy the local scenery and to catch up on some shopping.

We recently enjoyed a lovely day out with a minibus trip along the coast from Pevensy to Bexhill-on-Sea. The sun was shining, the weather was glorious and it gave the residents a chance to enjoy the trees in all their beautiful autumnal colours.



# ASHRIDGE COURT

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