

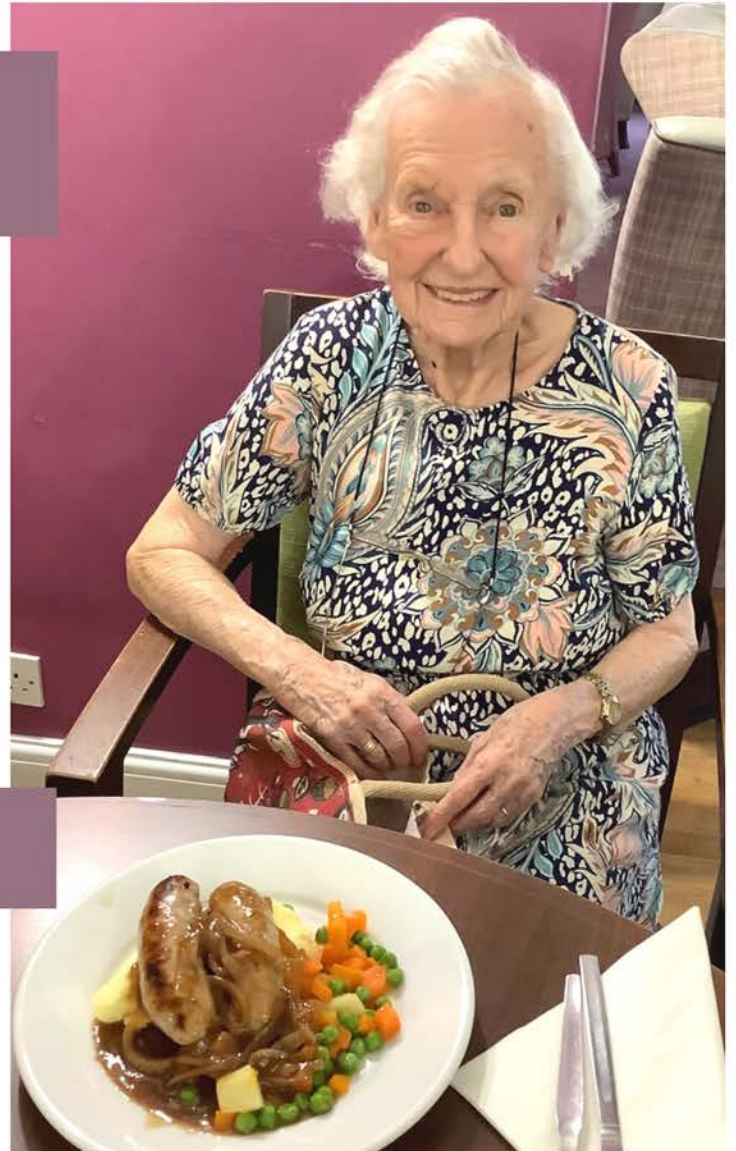


Russettings

Residential Care Home Newsletter

JANUARY AT RUSSETTINGS

It was lovely to welcome family and friends into the communal areas again this January for celebratory lunch designed by Signature Dinning to welcome the New Year. Other culinary treats weaved their way throughout the month, starting with National Food Days; such as chocolate cherry cake day, sausage and mash, with onion gravy. Absolutely delicious!



FESTIVITIES

Three Kings Day

We celebrated the European Epiphany with a delicious Rosco de Reyes made by our resident chef Miguel, which looked like a jewelled crown! He said that he drew inspiration from Spain, his homeland.

Chinese New Year

The year of the Rabbit was celebrated with Arts and crafts and a Chinese horoscope workshop took place to discover which animals represented the residents. We were surprised that we had so many auspicious Rabbits in our midst! We were happy to extend invitations to family and friends as residents enjoyed the company of their loved ones with compliments to the chef!



Burns Day

On Burns Day, we were entertained by Tania, who gave a Scottish themed performance! Some of the residents couldn't resist getting up and dancing to some of the well-known songs performed!

The Burns Day lunch was created once again by our amazing resident chef, Miguel. The Cullen Skink haddock soup was a big success, along with the neaps, tattis, haggis with chicken casserole in a rich whisky sauce. The lunch was so well received that residents asked for second portions and the soup to be part of an ongoing menu at Russettings. Great reviews were written in the comments book.



ANIMAL VISITS

Our furry friends are always welcome at Russettings! This month our residents were stunned and happy to meet the alpacas, Finley and Hugo. Everyone fell in love with them and are looking forward to seeing them again at our Summer Garden Party. Hugo, the pat dog, is visiting twice a month and is a joy to see, especially for those residents who reside in the rooms more frequently.



ENTERTAINMENT

The Elvis tribute act, entered the building for a brilliant performance! Residents requested their favourite songs, which brought back many memories. Residents were able to dance in their chairs and in groups.

The Pine Grove Cinema Club, 'Golden Oldies'; welcomed Russettings with refreshments before a showing the film, Bugsy Malone. It was a great opportunity to make new friends and meet up every two months. Travelling home, we drove through Ashdown Park and the lovely countryside; looking for flora and fauna.



HEALTH

We are still enjoying our Spa days once a week, with a new addition of G Fitness, sit down exercises. Bi-monthly visits puts us through our paces with great variety of activities; different sized balls and stretch bands for resistance training.

BIRTHDAYS



WHAT'S TO COME



We look forward to seeing family and friends at our two themed lunches at Russetings, in February!

We have a Parisien Special Menu planned for Valentines and on the 23rd of February we have a Cajan Experience lunch. Please RSVP for your visit , with a donation of £5.00 for the meal!