



# Russettings

Residential Care Home Newsletter

## SEPTEMBER AT RUSSETTINGS

September promised to be an Indian Summer, which gave Russettings the opportunity to enjoy the beautiful grounds and patio area for refreshments and activities.



## TRIPS OUT

We organised two minibus excursions. The first one took us to a nearby garden centre called Nottcuts, and we had the pleasure of going there on multiple occasions to accommodate more residents who wanted to join in. It was a delightful experience, as we often met with family and friends at the venue. During our visits, we had the chance to shop, enjoy some tea, and indulge in delicious cake.

Our second outing was to the Golden Oldies movie club, where we were treated to refreshments. Watching "Mama Mia" on the big screen made us feel like we were on a holiday, and we enthusiastically sang along with the rest of the audience to the well-loved ABBA songs.



## THEMED LUNCHES

Our themed lunches took us to China and Italy. It was a special opportunity to reminisce about our residents' travel adventures. One resident shared the remarkable story of her trip to Italy with her husband, where they explored the country on a motorbike. Another resident, in her retirement years, had the chance to tour China.

We crafted a beautiful dragon and delicious menu to celebrate the Chinese culture.

The Italian lunch was a hit, featuring Jenaro on the accordion, playing beloved Italian tunes that had us dancing and singing along.



## ARTS & CRAFTS

International Planet Week was out of this world, featuring Star Trek themes, creative arts and crafts showcasing our solar system, and delightful planet-themed cakes for our afternoon tea.



## COMMUNITY EVENTS

The village of Balcombe came alive with two events this month. The Balcombe crafts fair and Balcombe Fete, giving our residents the chance to have a cool beer or wine on the hottest day of the year. Two lucky residents won at tombola!





## PETS

Russettings always love animal visits. This month Pet Pals Therapy surprised us with ornamental Malaysian chickens. One of the residents, (who was a butcher in his lifetime) said "that there wasn't much point in them, only one bite!" laughing! Accompanying them were little rabbits, all different breeds for the residents to cuddle.

Hugo, our beloved therapy dog, is still a favourite, and we also welcome visiting family dogs of our residents.

## BIRTHDAYS

September saw Birthday Girls in abundance! Celebrating with families and friends and being presented with stunning Birthday cakes made by our resident's chef Miguel.





## FORTHCOMING ATTRACTIONS

Russettings are looking forward to Autumn, with many amazing events to look forward to!

### Russettings October Forthcoming Attractions!

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|-----------------|---|-----------------|---|
| Saturday - 14th | National Curry Day with a singing performance at 2.30pm                 | Thursday - 26th | American themed lunch and country and western performance at 2.30pm |
| Tuesday - 17th  | Pan motorcycle garage, in Haywards Heath at 11am                        | Tuesday - 31st  | Monster Mash Halloween Party at 3pm in the lounge                   |
| Tuesday - 17th  | Mini bus trip to Marks and Spencer, in Haywards Heath and refreshments. |                 |   |

### November Highlights

Fire Works (TBA)

Thursday 16th November – Master Chef winner, Datcha Creates an Indian Experience of delightful culinary delights! Times TBA