



Russettings

Residential Care Home Newsletter

NOVEMBER AT RUSSETTINGS

November started with a bang! Sadly, the rain stopped us continuing our plan for a firework party! Undeterred we enjoyed a firework party supper, with the dining room decorated with themed artwork created by the residents.



EXERCISE

Getting fit at Russettings has always been popular, with a variety of options such as Mrs. Mills afternoon of sit-down exercises, move it or lose it and Karla's exercise classes! Karla uses stretch bands, balls and innovative movement to music. With our spa day's ever popular; we now have two hairdresser mornings, in addition to manicures, foot spas and aromatherapy. Our residents are looking ready for the Christmas festivities.



MUSIC

For International Saxophone Day, we welcomed Steve who played an amazing range of music inspired by the residents and their fond memories. Steve's vintage saxophone came from Paris, and he said the age of the instrument. One resident said that "the saxophone is the same age as me!"... 97!





ARMISTICE DAY

Russettings observed Armistice Day and participated in the two-minutes of silence and watched the cenotaph film coverage on TV. Arts and crafts leading up to the day adorned the walls and whilst poppies hung from our ceiling. Our memory tree was covered with red poppies and messages written by the residents to family and friends.

DIWALI

The 16th of November was Russettings Happy Diwali Indian Spectacular! With an Indian themed ambiance of arts of the Taj Mahal, henna hand painting and music in the background. Daksha welcomed the Mayor of Haywards Heath to the party! The Mayor gave an address to family and friends, before Daksha gave a demonstration of cooking around the dining rooms, before a delicious lunch of Indian delights was served!

The mayor kindly wrote a piece in the mid-Sussex Times newspaper about the event with photographs. Please find this lovely addition on the newspaper's website with videos and photos of the event here!

<https://www.sussexexpress.co.uk/news/people/diwali-at-balcombe-care-home-town-mayor-and-masterchef-finalist-join-celebrations-4416677>



BUTTERCUP NURSERY

Buttercup Barn Nursery has become a firm friend of Russettings and this month they invited residents to an arts and crafts afternoon with hot chocolate and cakes before giving us a preview of their Christmas performance! The residents very much look forward to spending time with the children and vice – versa!

THEMED LUNCH

The homage to the American Thanksgiving Day, was by way of an amazing lunch and cherry pies made by the residents. This was followed by a party of dancing and singing to well-known American songs chosen by the residents.



BIRTHDAYS

Our Birthday 'Belle's' this month, saw our residents being joined by family and being serenaded by the Russettings staff. With a Happy Birthday presentation by the manager; Nikki; With a beautiful cake! Sometimes candles were troublesome by choosing not to be blown out!

On a separate note, the weather has been very contrary this month, leading to changes in our activity schedules. So, you can imagine how happy we were to see a rainbow appear over Russettings to cheer us up!



HUGO

Everybody loves Hugo, the pat dog, and after his holiday, we could not wait to welcome him back! Hugo "love bombs" everyone with those big dog eyes and has a very calming effect around the home.



FORTHCOMING ATTRACTIONS

The Russettings Christmas party is on 9th of December at 3pm with More T Vicar! Performance will be followed by a sumptuous Christmas Buffee by our resident Chef, Miguel.

Monday - 11th	St Marys Balcombe – Christmas Carole service at 3.pm with mince pies and mulled wine to follow.	Tuesday - 19th	It wouldn't be Christmas without the Alpacas joining us at 3.pm; Dressed as reindeer!
Tuesday - 12th	Buttercup Barn Nursery gives a performance of their Christmas Festive songs with afternoon tea.	Sunday - 24th	Christmas Eve afternoon Tea and festive movies.
Wednesday - 13th	Pet Therapy Christmas arrival at 2.pm -3.pm Surprise animal guests!	Monday - 25th	Christmas Day Mrs. Santa Claus will arrive at Russettings and bringing Christmas cheer and presents! Special Christmas Lunch!
Thursday - 14th	Postponed minibus trips to the British garden centre- formally Haskins in Copthorne. Trip one leaves at 10am the second at 2pm. Residents will be back for lunch and supper. Families and friends are welcome to join their loved ones at the garden centre.	Saturday - 30th	Pre-New Years Eve Party with a performance at 3.pm With a buffet at 5.pm Buffet.
Monday - 18th	At 3.pm, we welcome Melody and Robin, giving us a tap dance routine and a Festive medley of songs.	Sunday - 31st	New Year's Eve Dress to impress! Special New Years TV and afternoon tea.