

Welcome to our latest newsletter. Here's a summary of our activities over May and June.

We marked the 80th anniversary of VE Day in style - the dining room was decorated with flags and bunting, and we even had a visit from "King Charles", then Mary our Music Therapist led us in a wartime singalong and we all brought back the spirit of 1945.

VE Day meant a lot to many of our residents so we were pleased to help them mark it.



We commemorated the milestone, sharing memories of the war and the end of the hostilities. Amidst the celebrations, there was time for reflection – we watched some of the thanksgiving service on television and observed the 2-minute silence before we enjoyed our “street party”.

The chef cooked the type of food that people would've eaten at that time – potato skins, scones, Arctic Roll etc.

Residents shared lots of memories - some remembered going to church when they heard the war had ended, and some shared memories of air raid shelters, the noise of the planes, having gas masks at school, the lights coming on again, street parties and doing a conga in Byron Street!

The following day, we had a party with The Vintage Girls who were dressed in lovely Forties style dresses, which were much admired by some of the residents. We enjoyed all the old favourite songs.



The next week we were entertained by the Riverboat Jazz Band "Louisiana Fairytale", so we enjoyed more golden oldies, with yet more singing and dancing.



Lots of residents enjoy outings to the Fairmuir Club where they're making friends with residents from other care homes, some go to the Heart for Art Club at the local church, where they enjoy the coffee, cake and chat with the others as much as the art, and of course we've been making the most of any sunshine – going for walks and enjoying alfresco lunches, sitting out sipping drinks or “mocktails” while watching the world go by.

We also have outdoor entertainment whenever possible.



We've had a couple of outings to Hannah's sensory garden, where we enjoy lunch with home-grown fruit and veg from her garden – the ladies all agree that the scents from all the different flowers and herbs bring back vivid memories from their childhood.



A few of us have also enjoyed trips on the Cycling Without Age Trishaws – from Monifieth to Broughty Castle. Lots of people stopped to say Hello or to introduce their dogs. The residents said it's a delight doing this on a sunny day. We plan to organise more trips soon.



Two of our residents were invited along to the Balcarres Care Home Summer Fayre, where they had a lovely time and enjoyed mixing with the others.

We have regular music therapy, pet therapy, seated exercises, bingo, games etc, and church services for those who wish to attend.



We enjoyed an afternoon of Scottish and Irish music from Bill Mullen this week, and we have lots more live entertainment booked for the coming months, so we'll give families and friends plenty notice for your diaries.