

## Hello again to everyone!

As we write this, we are awaiting our lovely singers and guitarists, *Geoff and Pete*, who are performing this afternoon. We will sing to Johnny Cash and dance to Tony Orlando (*'Knock three times on the ceiling if you want me'*) Geoff and Pete bring energy and love with them.



We've had a little bit of magic lately in that so many visitors have supported what we try to roll out. In a nutshell, engage, involve and include all.





# Newsletter May 2024

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**Chrissie, Joan's daughter, ran an art class, with all pens in hand, drawing elephants and swans.**



**There are inspiring moments when running a cheese and wine taster session when the handy men and the house keepers swop job to become the maitre D's and pour the bubbly in the professional way! Thank you team Meadowcare.**





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**Our volunteer, *Derek*, took on the role of chief judge in our Art Competition, taking it very seriously, he wrote comments on each.**

***Edna* told him “Fair” was not fair!**



**What else has been happening at Meadowcare?**

**We had a visit from *Debbie*, an outside exercise facilitator, but she tailored the event to suit our differing needs. She was such a hit as her warm personality spread the joy.**





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**We have had imaginative journeys using our enormous colourful parachute. We don't ever lose that imagination; we just look and find it together and have fun. We sailed the high seas with the Spanish Armada! *Anne* was the Chief Sailor of our imaginations.**

**But, of course, we are also down to earth, on the Downs, taking in a leisurely walk. This week we ran a super sensory session to help relaxation and well-being. It is a feel good for the senses and always brings back memories of comfort and friendship.**





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It is our privilege to welcome our new people *Margaret* and *Graham*.





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*"No act of kindness, no matter how small, is ever wasted." - Aesop*