

# Newsletter July 2025

Hello to all our friends and families!

Our BBQ party was a sizzling success! People who live here, families, and staff enjoyed plenty of delicious food, vibrant decorations, and live music and dancing with Chris. Woah Elizabeth, check out those moves! It was a privilege to have such a fun, relaxing, and inspiring afternoon that sparked plenty of smiles and lively conversations.





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Our Meadowcare family shared feelings of joy and kinship with the bright colors and natural beauty of sunflowers. Our creativity bloomed through painting, poetry, fun facts, and Iwona even treated everyone to some sweet biscuits! Optimism shone forth as we connected with nature and learned about the amazing attributes of the sunflower. Diane couldn't wipe the smile off her face!





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Our Meadowcare storytellers celebrated their wonderful imaginations as we read the classic story and pursued our outlandish gift for colouring! After we read the first page Betty chimed in with the question on all our minds, "Where does the rabbit go?" She broke out into laughter when I showed her a picture of wonderland! Curiosity is a splendid thing.



Storytime





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A theme we do regularly is the Herbs and Spices and all things nice, simply because it covers every sensory experience. Discussions arose from aromas and flavours and what they remind us of. The pestle and mortar got pounded and we all had a go. Great fun and energy to whet our appetites for more. Margaret's friends can come again!





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Keeping up to date with special celebrations, Tim delighted in arranging an arts and crafts activity for International Tiger Day. Sharing her wonderful gift for creativity, Geraldine wrote a song about tigers. Hiruni told us that she had adopted a tiger and we were awestruck! Our enthusiasm drew us to painting rainbow tigers. Diane adored to hug our soft toy tiger cub and Elizabeth gleefully named the large tiger, 'Rufus'.





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What's better than a live music performance? Our people were treated to memorable, energetic tunes from Geoff and Pete and they responded by playing their own uplifting rhythms which had us all singing, twirling and tapping our feet. Val with the mic, Robin with the drum, Margaret with maraca, Maureen with the sleigh bells! It was an unforgettable experience that lifted everyone's spirits and filled the room with joy.





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Happy birthday to our July celebrators - Maryam, Anne Marie





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"Why, sometimes I've believed as many as six impossible things before breakfast." - Lewis Carroll, Alice In Wonderland (1865)



Our Meadowcare family adored how Iwona brought the spirit of tennis for Wimbledon Day. Balloon badminton, trivia, strawberries and cream, the Wimbledon finals... what more could you ask for? Perhaps those lobs from Edna!





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Hands raised, legs stretched... watch Ruby go! Iwona led a yoga session in which everyone relished the chance to improve flexibility, strength, and balance while finding peace and calm.



Everyone ensured they were shipshape and Bristol fashion for our Bristol Sights activity. Fun facts and colouring were the basis of some homely discussion and reminiscence. Anne is very modest when it comes to her artistic flair!





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Tincan alley is a Meadowcare favourite because it's a fun, easy-to-play, and offers a mix of physical activity and competitive play. For Elizabeth it's all about determination and drive. For Paddington the game evokes a sense of nostalgia!





## **PHOTOBOARD**





