



NEWSLETTER 2018

AUGUST

Boat Trip

Residents from Katherine & Griffiths House enjoyed a lovely trip out with Alive & The Activities Team. We started with lunch and a drink at The Cottage Inn, which had a beautiful view of the harbour and served us the world's biggest sandwiches!



After finishing our meals, we were delighted to have a surprise visit from Amanda who has been off over the summer. Amanda waved us away on our private boat down the harbour; we are very much looking forward to seeing her back in September! Colin from Alive gave us a fantastic guided tour on the boat and kept everyone going with his witty commentary. We learnt historical facts about the area and talked about how our tranquil journey made us feel. Everybody had a great time and we are looking

forward to the next trip. Here's the lovely Lucy and Olivia at peace on the water together.



Variety Hours

On the anniversary of his death, residents celebrated the life of Elvis Presley with a tribute session by Sabina from the Activities Team. Residents played Vegas games, practised their dance moves, tested their knowledge on the King of Rock n Roll and found a display of his eccentric costumes very amusing. We enjoyed Elvis themed cocktails and American soft drinks before trying his unusual favourite snack *Peanut Butter and Banana Sandwiches*; surprisingly this went down a treat and everyone enjoyed feeling like Elvis for the day!

To celebrate Notting Hill Carnival, Annie from the Activities Team brought her own carnival to Griffiths House. Residents started with looking at South American Carnivals by making carnival masks and dancing to the Samba with feathers in their hair. After watching the Rio Carnival parade and performing themselves, residents looked at European carnivals. We juggled, played carnival games, sang songs, marvelled at contortionists and ate plenty of popcorn!

Avon Wildlife Trust

We had a brilliant visit from the Avon Wildlife Trust charity who joined us for our Social Club evening. Residents shared their own wildlife experiences, tested their understanding of wild plants and flowers and

enjoyed competing in a game of Nature Bingo. We were given information about free gardening workshops with transport available for the over 50s. Held at Feed Bristol in Stapleton, the sessions are an opportunity to meet like-minded people and learn new skills. If you would like information about getting involved, please speak to the Activities Team or visit the Avon Wildlife Trust website.



Whispering Woods Performance

We were visited by the organisation Whispering Woods who performed *Canopy of Stars* for us in a combination of storytelling and flute music. The organisation usually specialises in outdoor performances however brought their magic indoors for our residents. The piece was very atmospheric and residents were invited to add their own ideas and characters to the story as it was told.

Folk Concert

We were entertained with a live folk concert which was a fun and energetic way to spend a Friday morning. Residents enjoyed the variety of songs and were even up dancing! We also invited residents and staff from Stoke Leigh Care Home as we have recently teamed up with them to

work on the Bristol Ageing Better project together. They thanked us for the kind invitation and danced their way through the morning. By the end of the concert we all felt on cloud nine and as though we had been to Notting Hill Carnival. Thank you to Live Music Now for coming in and entertaining us.

Arts & Crafts



From observational drawing and crafting butterfly wreaths to moulding ceramic pots and animals, our residents have had many creative opportunities this month. Dorothy was very pleased to show off her new pottery skills!

As well as all the fantastic activities mentioned, we have been lucky enough to have regular visits from Lyndsey at RSVP who always gets everyone singing and dancing, our fantastic Dance instructor Saara and Yoga instructor Pauline and the ever so popular Growing Support Gardening Club. We can't wait to show you the activities we have planned for September!

Many thanks, Sabina, Amanda & Annie, The Activities Ladies