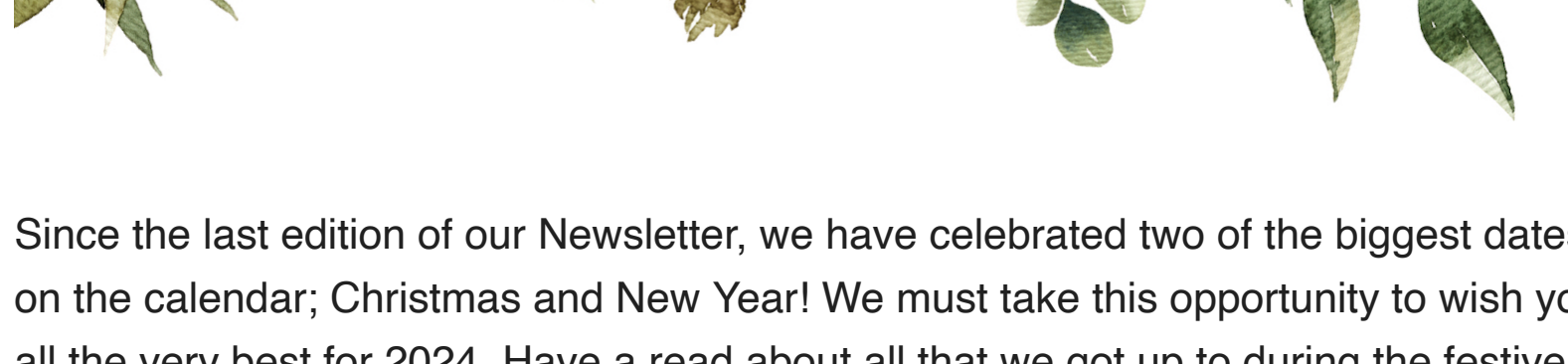




Welcome To Our Newsletter



Since the last edition of our Newsletter, we have celebrated two of the biggest dates on the calendar; Christmas and New Year! We must take this opportunity to wish you all the very best for 2024. Have a read about all that we got up to during the festive season.

Also, if you know someone who would like to receive our email newsletters/updates, please forward them the newsletter sign up link below:

[Sign-Up Form](#)

Best wishes,

Maggie Allison
Care Home Manager



Festive Fun



Christmas Spirit

Christmas Party

Our Christmas Party was complete with a DJ who played lots of great festive music and we danced and had a lot of fun. We had drinks and snacks along the way, followed by party games. Families also got involved and we all enjoyed the afternoon immensely.

Christmas Carols

We were very lucky to have Carstairs Primary School children come to the home and visit each unit to sing Christmas Carols. The residents' faces really lit up when they saw and heard the children sing.

Family Night

Good Times!

We had one of our first Family Nights in December and many families came along with their relatives to enjoy games, singing and of course, hot chocolate and mince pies. It was a fabulous night and the games were really fun - we had charades, a special story-telling game of pass the parcel, blindfold scoop-up, and many more. It was a wonderful night for everyone.

Ukulele Band



Toes Tapping!

Every month or so, we have the Ukulele Band come to the home to play for us. Many of our residents look forward to and thoroughly enjoy the music. From relaxing to up-tempo tunes, the afternoon is always a favorite with our residents.

Pet Therapy

Furry Friend

Cash, our regular pet therapy dog, was again here to spend time with the residents. He always receives special treats from them. The pleasure our residents get from just clapping him and stroking his coat is there for all to see.

Keeping Busy & Active



Fun & Games

Over the past few weeks, our residents have enjoyed a variety of different activities. Each unit has taken part in games afternoons, with games such as draughts, Jenga and boules to name a few.

The ladies have also enjoyed flower arranging, which they found very relaxing and therapeutic. We all benefited as the flowers were then placed throughout the home for everyone to enjoy.

Scrapbooking is another new activity where we used old Christmas cards to make books to keep and enjoy, and we can add things to them as time goes on.

An art group has also started, with some residents doing sketches while others did mosaic abstract designs with paper and foam.

A Book Club, which is being held twice a month, continues to grow, and any family that would like their relative to attend should speak to Kirsty, one of our activity ladies.

Our normal chair exercises continue and are well-supported and everyone really enjoys this time. We have also signed up for 'Burns Boys Gym' which is held every Friday at 11am via zoom. This is a live fitness class with other care homes and they provide specific exercises for the over 65 age group to help improve flexibility with gentle aerobics from the comfort of your armchair. There is a great atmosphere which gives everyone involved a much-needed boost.

Kind Donations

Thank You!

A special thank you to Jane Wilson from the Auchengray Knitting Club for the knee blankets and twiddle muffs for our residents.

Thank you to Clydesdale Women's Shed for the donation of Christmas Gifts for our residents.

Last but not least, a thank you to Morrison's in Lanark for their continuous gifts of refreshments and treats for residents.

We are very fortunate to have the support of many local businesses and clubs.

Dates For Your Diary

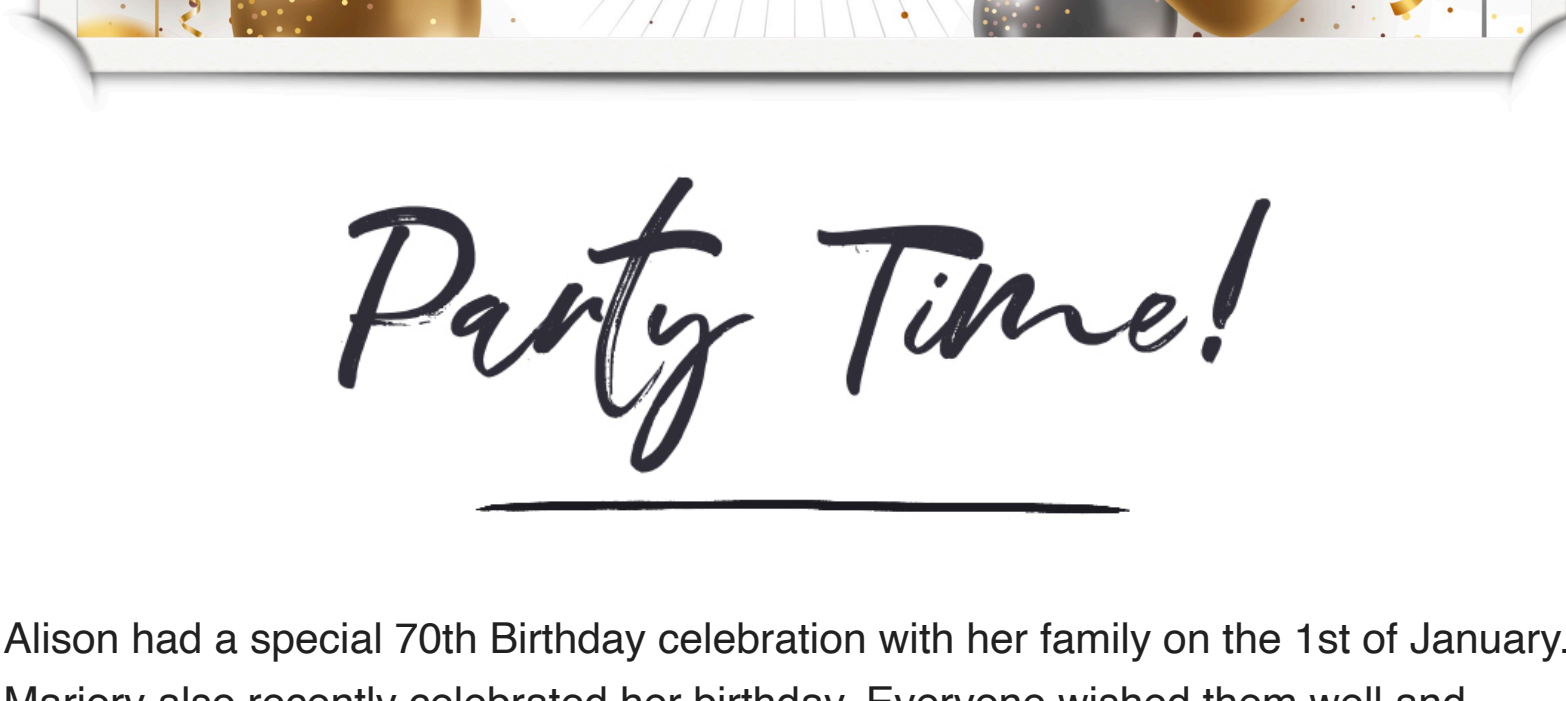


Busy Times Ahead

There are plenty of exciting events coming up at Beechgrove and the residents and staff are looking forward to them.

- Thursday 25th January - Burns Day with entertainment from Robert Cross.
- Wednesday 14th February - Valentines Day with entertainment from Roland Russell.
- Wednesday 21st February - Ukulele Band - "Lets Uke."

Birthday Wishes



Party Time!

Alison had a special 70th Birthday celebration with her family on the 1st of January. Marjory also recently celebrated her birthday. Everyone wished them well and enjoyed the delicious birthday cakes!

Warm Welcome



Home From Home

A special warm welcome to Les. We all hope you are settling in well and enjoying being here in Beechgrove.

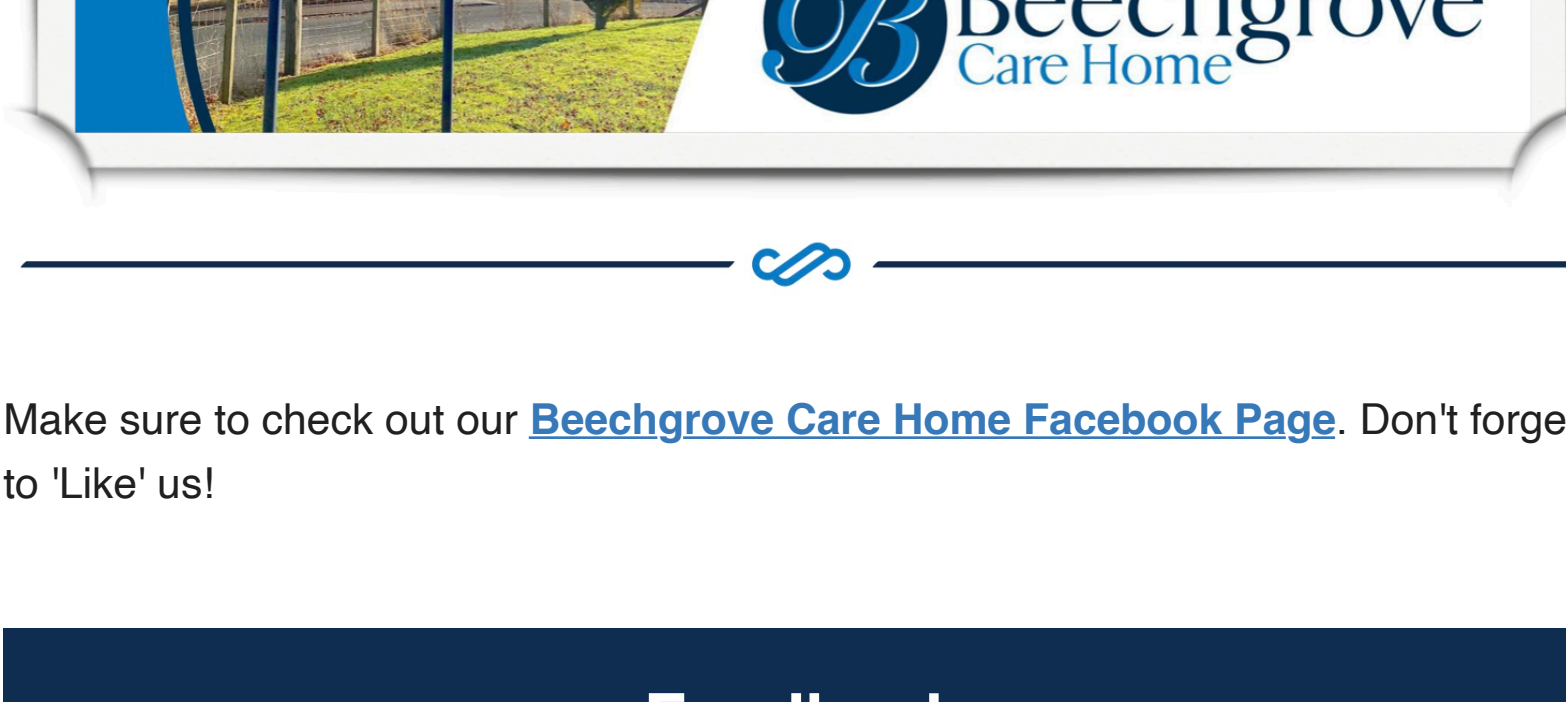
In Sympathy



Loving Memory

It is with great sadness that we announce the passing of David and Diane recently. Our thoughts are with their families at this time.

Social Media



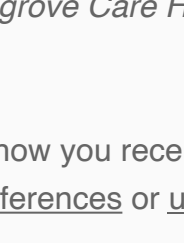
Make sure to check out our [Beechgrove Care Home Facebook Page](#). Don't forget to 'Like' us!

Feedback

We appreciate any feedback, reviews or suggestions you may have. Please contact us or leave a review through the links below as we would be happy to receive any comments.

[Carehome.co.uk Reviews](#)

[Google Reviews](#)



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