



On The Grove Grapevine this August

Hello and welcome to August's newsletter.

July has disappeared in the blink of an eye and we've been busy enjoying the garden, keeping cool with lots of ice lollies and playing ball games with the staff. We have contractors on-site who are replacing fire doors throughout the home and during July they have been working in the annexe. In August they are continuing with the annexe and ground floor doors and will then be moving up to the 2nd floor.

Our big trip this summer is to Blackpool! We'll be taking a coach to the Las Vegas of the UK on **Friday 7 August**. Ten green bottles, anyone?

Fish and chips and Kiss Me Quick hats will be the order of the day whilst strolling along the promenade. Followed by a cheeky quickstep at the Tower Ballroom – seven!!

Oh, we do like to be beside the seaside!



Did you know August is **Happiness Happens Month**? Created by the Society of Happy People it encourages people to notice the good things in life, express happiness openly, and perform kind acts.

Simple ways to celebrate Happiness Happens Month include:

- Practice gratitude – write down three good things each day
- Be kind – do a nice thing for a friend, neighbour, or stranger
- Smile more – smiling and laughing helps release positive brain chemicals like endorphins.

What's On in August

We have regular activities with Karen and Steve like quizzes, puzzles, bingo, crafts and cake decorating for you to get involved with. Here are the dates where people are coming in to The Grove to provide some mental and physical stimulation:

5 August	11 August	13 August	17 August	19 August
Crafts with Tara 9.30 – 10.30	Exercise & Motivation 2.00 – 2.45	Exercise with Emma 10.00 – 10.45	Tai Chi with Augustine 2.00 – 2.45	Church Service 10.00 – 10.45
20 August	25 August	31 August		
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Activities we've enjoyed together



Crafting with Tara in July was a mindboggling, triangular riot of colour (with a good natter)!





Enjoying the glorious
sunshine at Blists Hill
Victorian Town museum



Bowling and dancing are all
fun activities we've been
getting up to 😊





The ladies enjoyed a Pamper Day of head massages and getting hair and nails spruced to perfection



What a busy month of puzzles, ball games, ribbon exercise, solitaire and celebrating birthdays, phew!

