

Greetings from the Abbey

Dear Family, Friends and Carers,

Abbey House is glad to fill you in on what we have been up to these last three months, in this newsletter.

From the popular and extravagant Christmas lunch parties, to the tough lockdown days, we always work hard to ensure all of our residents remain happy, safe and engaged.

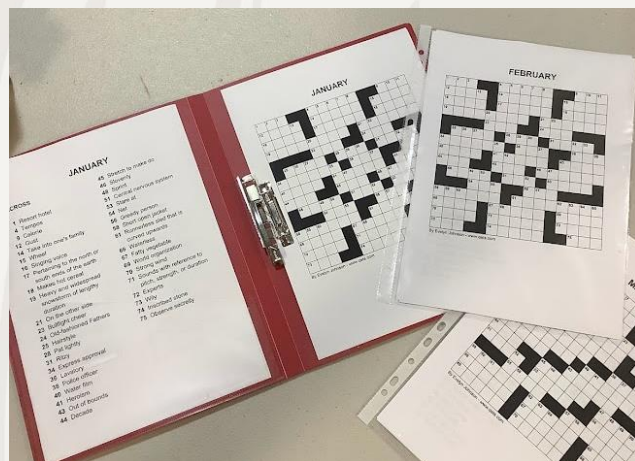
Activity Highlights

Well it has been an interesting, often daunting, but ultimately successful last three months here at The Abbey

Whilst in lockdown the REC Team used various methods to entertain and keep a smile on our residents' faces. There were crossword puzzles, hand massages, reading of books and correspondence, morning and afternoon teas and general information sharing.



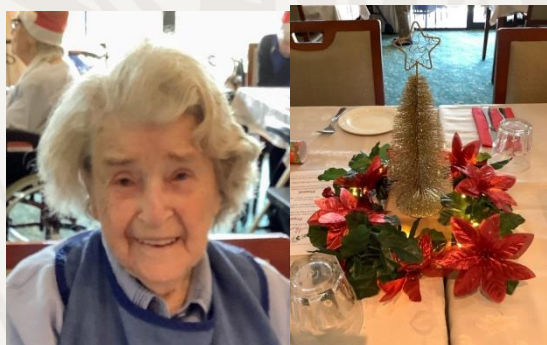
As restrictions gradually lifted we were able to start group activities in each wing, and the residents embraced these social gatherings with delight. The first activity was a word puzzle that was held in Aberdeen. The target for the puzzle was 187 words and that was smashed by 153 words for a grand total of 340! Halfway through February we were reunified and our favourite group activities returned, like Bingo, Quiz Games, Short Story Reading and Nerf Gun Fun. The last of which is a relatively new activity where each resident competes in target shooting various items, of varying points, set up on a table in front of them.



Ten Pin Bowling has returned as one of the residents' favourite activities. With the inclusion of a ramp, many more residents are able to partake in the increasingly competitive spirit.



Celebrations



In December we celebrated our lovely resident Alice's 100th Birthday. We celebrated it as part of our Christmas Lunch which we had on different days in each wing of The Abbey .

Upcoming Events

We are looking forward to celebrating St Patricks Day on the 17th of March with a Happy Hour and plenty of green themed nibbles.

Special Moments

