

AMICA CARE TRUST

A Monthly Newsletter for Exmouth House Residents



Withycombe School

We would like to thank Withycombe Raleigh Primary School for joining us for a wonderful day singing Christmas carols.



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OUR UPCOMING ACTIVITIES

Our Activities Team has planned a fun-filled month of activities.

Keep an eye on our Facebook page for the latest photos.



[Facebook.com/ExmouthHouseCareHomeExmouth](https://www.facebook.com/ExmouthHouseCareHomeExmouth)



Exercise Sally: Sally will be hosting armchair exercise every Thursday afternoon.

Hairdresser: Annabel will be at the home every Wednesday



Church service: On the first Friday of the month the local Church will be joining us for a service and hymns



Christmas Jumper day: On the 7th we will be having a Christmas jumper day, we will be raising money for Save the Children



Christmas cake: On the 18th we will be decorating our Christmas cake ready for the judges

Exmouth Choral: On the 20th we will be joined by the Exmouth Choral society at 2.30pm



Cultural Christmas: On the 24th the staff will

Ballet

Renée a registered teacher with the Royal Academy of Dance brought a group of students from the Southwest Ballet school, Exmouth house was treated to a performance from some of their talented dancers.



WHAT WE HAVE BEEN UP TO

We enjoyed a trip out to Exmouth Pavillion for coffee and cake



WHAT WE HAVE BEEN UP TO

We have been busy getting ready for Christmas



The music group Spindle tree performed for us



Christmas Party

Reminder

We will be having our Christmas party on Tuesday 19th December at 2pm, the Exmouth house residents' choir will be singing for us, if you would like to join us for a mince pie, please let us know.

We hope to see you there



We wished Jean a happy birthday,
there was a party to celebrate



Staff member of the month



Congratulations to Ola

Ola was voted this month's staff member of the month by his colleagues

Well done and thank you for all your hard work.



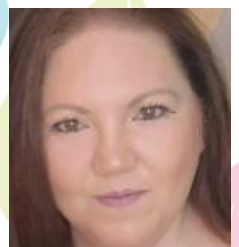
We would like to welcome Litty, Terri-anne and Viktoriia to the team.



Litty has joined us as a night care lead

Terri- anne is a bank Care lead

Viktoriiia has joined us as a laundry assistant



BIRTHDAYS



December Birthdays:

Friday 8th - Paul

Happy Birthday from everyone at Exmouth house.

December Birthstones

Blue Zircon • Tanzanite • Turquoise



Since the Middle Ages, **Blue Zircon** has been believed to aid in spiritual growth and to promote wisdom. Those who wear blue zircon, it is said, will find beauty and peace.



As a relatively new gemstone, **Tanzanite** does not have any mythical or mysterious powers associated with it. But what it lacks in history, it compensates with beauty in its deep blue and purple tones.



Turquoise attracts money, success and love. Its powers include protection, healing, courage, friendship, and luck. It relaxes the mind, and eases mental tension.

