

AMICA CARE TRUST

A Monthly Newsletter for Exmouth House Residents



Withycombe Rugby

Exmouth House is proud to sponsor Flo who is a member of the Withycombe lady's rugby team.

We had a fun day out watching the game, sadly they didn't win but it was a great game.



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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



Mother's day: On the 10th we will be having an afternoon cream tea to celebrate the day



Creative Mojo: On the 12th we will be joined by Belle who will be helping us with an easter themed project

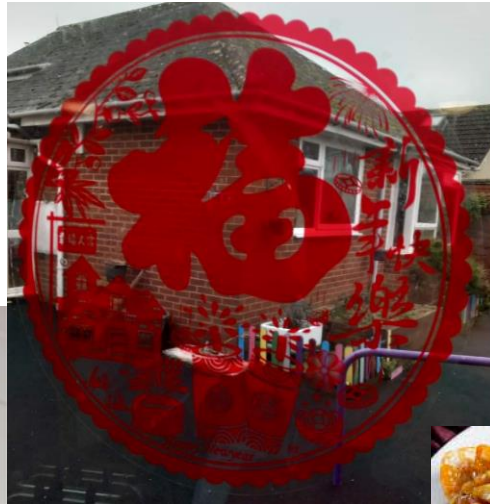


Christmas contest awards: On the 14th we will be joined by the trustees, they will be presenting us with an award for best Christmas decorations 2023



WHAT WE HAVE BEEN UP TO

This year was the year of the blue dragon, we celebrated the occasion with sweet and sour chicken, prawn crackers and spring rolls



Pancake day

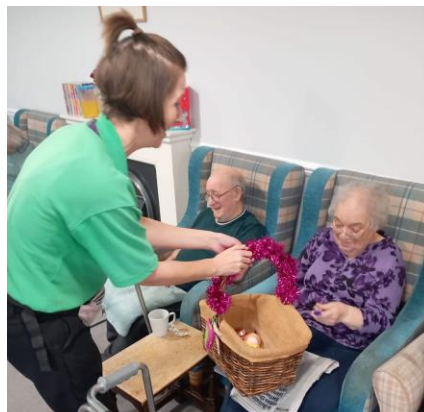
We all enjoyed making and tucking into pancakes



WHAT WE HAVE BEEN UP TO



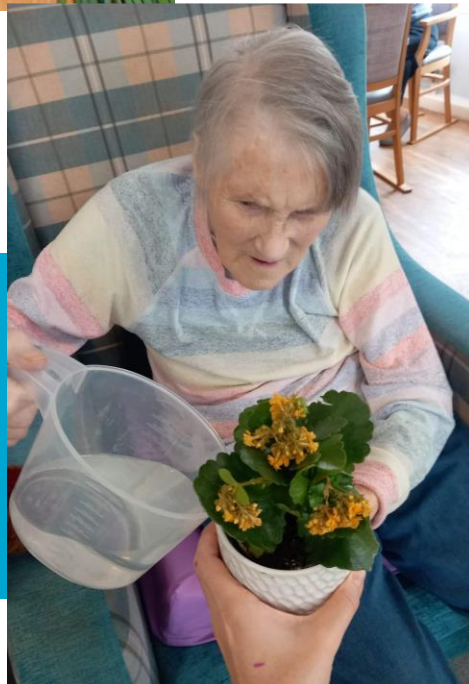
The weather has not been kind, we have had a lot of fun with games and puzzles, there were even prizes for the bingo game.



WHAT WE HAVE BEEN UP TO



A family member kindly donated bunches of daffodils, thank you this prompted some flower arranging which really brightened up the home.



Resident and Relatives meeting



We are planning to have a Resident and Relatives meeting on 6th March, the meeting will be at 2:30pm if you would like to attend, please let us know



Last month we wished Flo a happy birthday.



Staff member of the month



Congratulations to Jojini

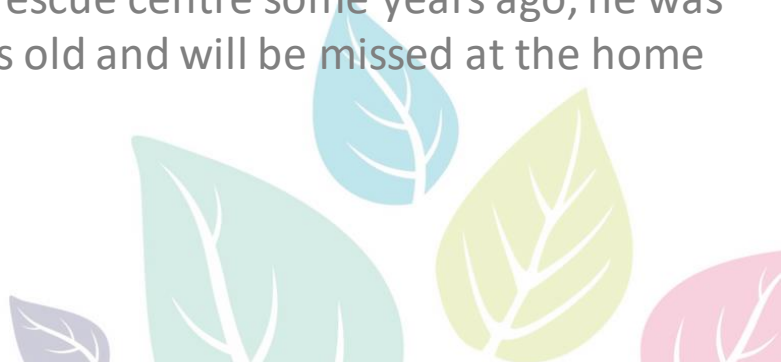
Jojini was voted this month's staff member of the month by her colleagues

Well-done and thank you for all your hard work.



We have some sad news, Sammy the cat has passed away.

Sammy was adopted by Exmouth house from a rescue centre some years ago, he was 14 years old and will be missed at the home



BIRTHDAYS

February Birthdays:

12th Peter

16th Julia

Happy Birthday from everyone at Exmouth house.

