## Austernwood Care Home Monthly Newsletter

29 North Park, Gerrards Cross, Buckinghamshire SL9 8JA
Our boutique luxury home delivering individual care for our residents



## Comic Relief fun and games

Our residents had a great time on Friday 14th November for Children in Need. The brilliant activities team initiated a competitive game of tissue paper unrolling. A big bar of delicious chocolate was on offer for the winner. Much hilarity ensued and the floor looked like a tissue paper mountain! During the afternoon the brilliant Richard Aust came to entertain us all with his Saxophone.

We also had a group exercise session with Sophie from G-Fitness, she always makes these sessions fun for all who take part.



## **Austenwood Events**

A trip to a local reptile centre offered a close-up look at snakes and other creepy crawlies - an experience not for the faint-hearted!

On National Hug a Bear Day, our resident teddy bear made the rounds, bringing smiles to everyone. There was also a lovely outing to the Ethorpe Hotel with Age Concern Gerrards Cross, where a delicious social lunch was enjoyed.



## **Christmas Photos and Party time.**

On Friday 5<sup>th</sup> December we have a photographer coming in to take some festive pictures of our residents, families and friends are free to join them for a snap or two if they wish. He will also be present on Saturday 6<sup>th</sup> December for our annual Christmas Party. The talented Nik Stoter will be coming to sing to us all. Our chefs will provide a delicious buffet and there will be lots of fun and games to be had.

