

A busy week of activities at Lulworth House Residential Care Home



Our lovely resident Betty celebrated her 99th birthday with us last week here at Lulworth House Residential Care Home.

As part of the celebrations, she was visited by a group of nursery children who sang her a rousing 'Happy Birthday' and played a game of drafts with the help of residents. The children also made an extra large birthday card for the birthday girl, which she was delighted with.

Betty thoroughly enjoyed her very special day, and loved her cards, presents and '99' balloons. *Many happy returns Betty!*

Table tennis skills

One of our residents surprised herself with her sporting talents last week, as she took to our table tennis table. She loved aiming and taking shots - a great way to exercise and improve hand-eye coordination skills.

Getting out in the garden

Our ladies have been busy bees in our garden recently, making sure all our plants are watered and weeds are kept at bay. With the warmer months on their way, we are really looking forward to spending more time outside together, enjoying the fresh air, plants and wildlife.

Baking session

We enjoy baking few times a week here at **Lulworth** and we are lucky to be joined by Katja, our new Dining Room Assistant, who runs baking groups with our ladies after breakfast, which they love.

Last week, our ladies made cheese cakes and an impressive sponge birthday cake. We had lots of fun doing it and enjoying each others company.

The group also got busy making soups and peeling potatoes for the next day's lunch. Our ladies have fed back to us that they find these tasks very relaxing and it gives them a feeling of being needed. Thank you ladies - your efforts are always very much appreciated.

Relaxing 'pub afternoon'

After all their hard work baking and cooking, the ladies had a chance to relax with wine and soft drinks in our lounge. We had a sing along and a chat about our upcoming **Country and Western party, which is on Saturday 25 May**. *We are all very excited about it!*



















