

## Welcome

Welcome to February's edition of our newsletter. As you will see, music was a key theme at Oakmont Lodge the last few weeks, and our residents loved it!

From dancing and daytrips, and from singing and playing games, there were certainly no January blues here.

The safety and wellbeing of our residents is always our top priority so whilst Covid-19 cases are still high, we are reviewing our activities and events on a weekly basis and stringent measures remain in place in the home.

The team at Oakmont Lodge is always contactable should you have any queries, so please feel free to reach out to us on 028 91 465 822.

*Juliet Green*

*Nursing Home Manager*

*Annette Martin*

*Residential Home Manager*



Jim Alexander and Harford Logan



## Down memory lane

Our residents love getting out and about on reminiscent road trips.

Jim Alexander and Harford Logan enjoyed a recent day out visiting their old stomping ground by the coast and sharing lovely stories and memories.

## Finding a rhythm



Thank you to David Branagh Curry and the Salvation Army who provided wonderful music for us on two dull afternoons.

We all enjoyed singing along to some old favourites and tapping our toes to the beat.



Salvation Army



Eileen Harmon and Jane Mays



Robert McCrory



Mal Lennon



Lottie McClements and Geraldine Kelly



# Love is in the air



We were certainly feeling the love this month as everyone got to work creating beautiful clay hearts to decorate the home in time for our Valentine's Day party.

To mark the celebrations, each resident received a gift before enjoying some delicious Valentine's-themed treats. A few residents told us about the songs they had their First Dance to and shared heart-warming stories about their loved ones, before we finished the day by listening to some classic love songs!



Nan Lilley



Rose-Marie Bennett



Maureen Gordan



Rose Marie Bennett



Mary Pollard



Thomas Russell



LOVE



Maureen Gilliland



Geraldine Kelly



Geraldine Kelly



Pat Devon



Lottie McClements



Tom Cowan



Mal Lemmon



LOVE



Jim Alexander



Doris Williamson



Eileen Harmon

# Twist and Shout



Oakmont residents boogied, bopped, and jived their way through January and February to kick off the new year with a fitness challenge.

Any type of body movement is a fantastic way for people to stay healthy and mentally fit, but love incorporating dancing to our fitness programmes as it's something we all thoroughly enjoy.

Of course, a little pick-me-up was needed for afterwards too, as residents enjoyed some well-earned treats after their hard work.



Rose Marie Bennett & Billy Turner



Lottie McClements



Geoffrey Donaldson



Jane Mayrs



Edna Airey



Geoffrey Donaldson



Rose-Marie Bennett

# Getting creative

From colouring to hand-painting, Billy Turner and Lottie McClements have been getting creative with arts and crafts.



Billy Turner



Lottie McClements



Not only is creating art a highly therapeutic activity, but these creations added a brilliant pop of colour to the care home.

# It's all fun and games



Here's a little snippet of what else we have been up to the last few weeks....

- Christine Woods was feeling lucky after winning Bingo three times in one day!
- Encouraging our residents to maintain their interests and hobbies is an important part of life at Oakmont Lodge. Geoffrey Donaldson looks forward to receiving the latest issue of his favourite magazine every month
- Ice-cream is the perfect snack whatever the weather. Lottie looks pretty happy with her afternoon treat!
- Sean Casey enjoyed some much-welcomed winter sun, we can't wait for the long summer evenings!



Christine Woods



Geoffrey Donaldson



Lottie McClements



Sean Casey



# Birthday Wishes



It was celebrations-galore this month as Charlie Comb, Maureen Gordan, Ruby Campbell and Eileen Harmon celebrated special birthdays complete with cake and treats.

Happy birthday from all of us at Oakmont Lodge!



Charlie Comb



Eileen Harmon



Maureen Gordan



Ruby Campbell

# Settling In

We would like to extend a very warm welcome to Pat Devon, our newest resident at Oakmont Lodge.

Pat has enjoyed chatting with her fellow residents and getting to know everyone over the last few weeks. We're delighted to have you with us, Pat!



Pat Devon

# Activities

As well as our usual exercise and entertainment activities, we have planned the following events for March that are sure to bring lots of fun and laughter!



- 1st March - Pancake Tuesday
- 17th March - St Patrick's Day Music with David Branagh Curry
- Musical entertainment by The Music Man
- Pets For Therapy
- Road Trips
- Awake the garden for Spring



We are always keen to coordinate our activities around the interests and hobbies of our residents, so please do let us know if there are any other activities you would like to suggest.

