



Alma McFadyen House Newsletter

February 2019

In This Issue

- Weekly Events
- Musical Minds
- Promoting Physical activity
- Nice weather
- One to one time
- Happy Birthday

Weekly Events

Our regular residents attended the Day Centre every Monday for their weekly catch up, lunch and enjoyed some physical activity with "Let's Get Sporty" and also enjoyed some games of bingo.

Every Wednesday some of our Ladies & Gents attended the hairdressers to have their hair done.

Musical Minds

Musical Minds is run by Alzheimer's Scotland, but anyone is welcome to attend. The club meets from 2pm - 4pm in Dalbeattie & Kirkgunzeon Parish Church Centre, Craginair Street, Dalbeattie on the 1st Wednesday of the month, throughout the year. Our residents thoroughly enjoy their afternoon out having a sing along with various different musical instruments.

Promoting Physical Activity

Two student nurses from UWS Dumfries Campus came along to visit Alma as part of their university project looking at promoting physical activity. The students researched literature to see what activities have been researched as being beneficial to the older generation that would benefit all or at least most individuals at Alma house and then came along and carried out these activities with an interactive session of various exercise activities. This has been the 3rd year we have supported the students who are ever so grateful for our support. Our residents had a fun filled afternoon.



Making the most of the nice weather

Staff and residents made the most of the nice weather we have had lately and enjoyed a stroll around the park to see the War benches. Our residents also enjoyed sitting out the back chatting and reminiscing about old times.



One to one time

Every morning for the month of February our Activities Coordinator spent one to one time with a different resident each day. Each resident got to choose how they spent their morning. Most of them choose a walk around the town or went to the shops to buy some bits and bobs.



Happy Birthday



Sheena & Ann enjoying celebrating their birthdays this month. Both residents had a cake made by the cook and enjoyed a little celebration with the residents and staff.



Contact Us

Tel- 01556 610539

Email-

almamcfadyen@stphilipscare.com

Review us-

www.carehome.co.uk



