



# Alma McFadyen House Newsletter

March 2019

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### Friendship Club at Town Hall

Some of our residents enjoyed the morning out to the Town Hall to attend the Friendship club. They enjoyed catching up with some familiar faces and having a cuppa.

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### Lunch at the Kings

Esther our activities coordinator took a small number of residents over to the Kings for lunch. They all enjoyed fish and chips and a chat in there small group, they enjoy reminisce about their younger days.

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### Musical Minds

We attended our usual first Wednesday of the month trip to Musical Minds. Residents enjoyed a sing along, catch up and cuppa with the local community.

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## Pancake Day

Tuesday 5<sup>th</sup> March we celebrated Pancake by. Linda our cook kindly made all the pancakes and then we got down to work and filled them with our favourite selection of toppings. It was safe to say they all went down a treat!

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## Spring walks around the town

We made the most out of the spring weather we received and enjoying getting out in the fresh air. Many of the residents enjoyed a walk around the town and park then finished up having a hot drink in the local café.

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## Birthday Wishes

Agnes enjoyed celebrating her Birthday with all the staff and residents in Alma House on the 4<sup>th</sup> of March. Agnes enjoyed her birthday cake baked by our cook Linda.



