



# News from ALDERWOOD CARE HOME

Dear friends

A fresh new season is here and our home feels bright and vibrant!  
Here is a little peek into our fun spring adventures!



## Mothers Day

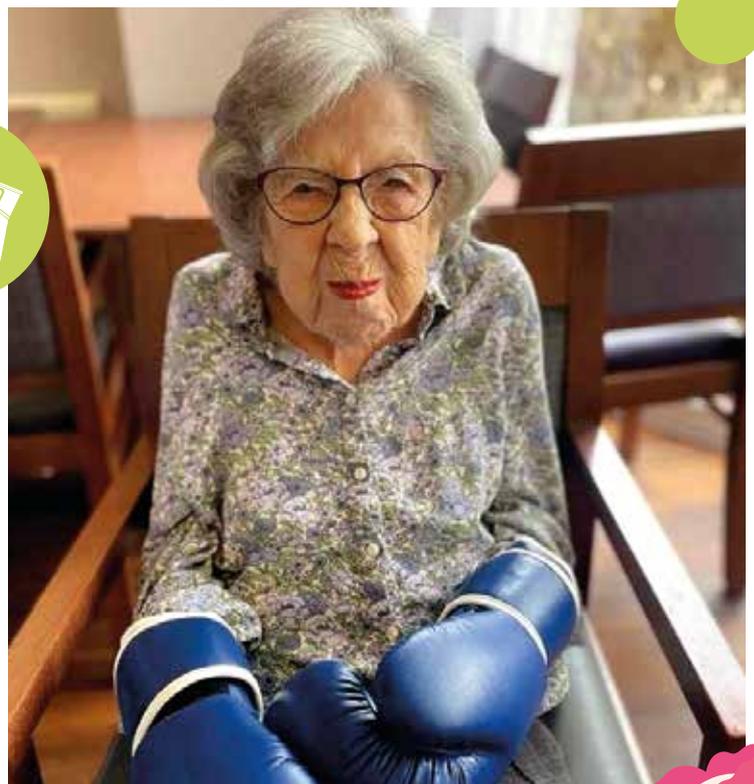


We had a marvellous time celebrating the mothers amongst us this Mothering Sunday. We had lots of visits from loved ones who brought so many flowers with them that, by the end of the day, our home resembled a florist! Then, decked in our Sunday finest, the whole home gathered together to share a sumptuous High Tea! Our chef really went to town with all the food; there were delicate cupcakes, delicious sandwiches and everyone's favourite scones with clotted cream and jam! Then, to make sure the day was extra special, our team arranged for a pianist to play as we dined - it felt like we were at The Ritz!

## Keeping active



We are an active bunch at Alderwood and our residents love to try out exciting new ways to keep fit and feel fab. That includes our own unique combination of Pilates and boxing! These sessions are great for all abilities and are such a hoot as our residents like to get in the zone by pulling their best 'mean boxer' faces! We find it is always the perfect way to kick off our week! Of course, that's not the only way we like to keep active and our residents are avid Ten Pin bowlers, green fingered gardeners, and known to love a little boogie when our live entertainers pop by - just like they did for our recent Valentine's and St. Patrick's Day celebrations. Never a dull moment!



# Milestones

April brought us another great cause for celebration as it was our wonderful resident Wanda's 102nd birthday! Wanda is Polish and has lived at Alderwood for 10 years, where she is affectionately known as Babcia, meaning Grandma! Our whole home came together to celebrate this incredible milestone birthday. Generations of Babcia's family joined us for a garden party organised with the help of the local Polish community who led a rousing rendition of Happy Birthday in Polish. We even had a visit from Islanders Radio, the local Polish radio station who recorded a special tribute to her. It was a fabulous day filled with so much love and laughter!



## It's Easter time

Our residents had a wonderful time welcoming Easter to Alderwood. In the run-up to the big weekend we got creative making all manner of Easter crafts, including a giant photo frame adorned with flowers and Easter chicks for us to pose with! On Easter Sunday some of us gathered for a church service before our whole home came together for a party. After a lively Easter egg hunt we settled down, with our bunny ears on, to enjoy delicious roast lamb with all the trimmings. We made sure we left room for the chocolate eggs the Easter Bunny delivered to every resident!



With love,  
**Nikki Leaney**  
Home Manager

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**We always love reading your comments on Facebook!  
Here are a few recent ones:**

"How lovely and how happy the residents look!" Dawn

"What an amazing amount of time, effort and dedication has gone into making everyone's day so lovely." Jill

"What a lovely day out, everyone is so happy!" Vicki



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