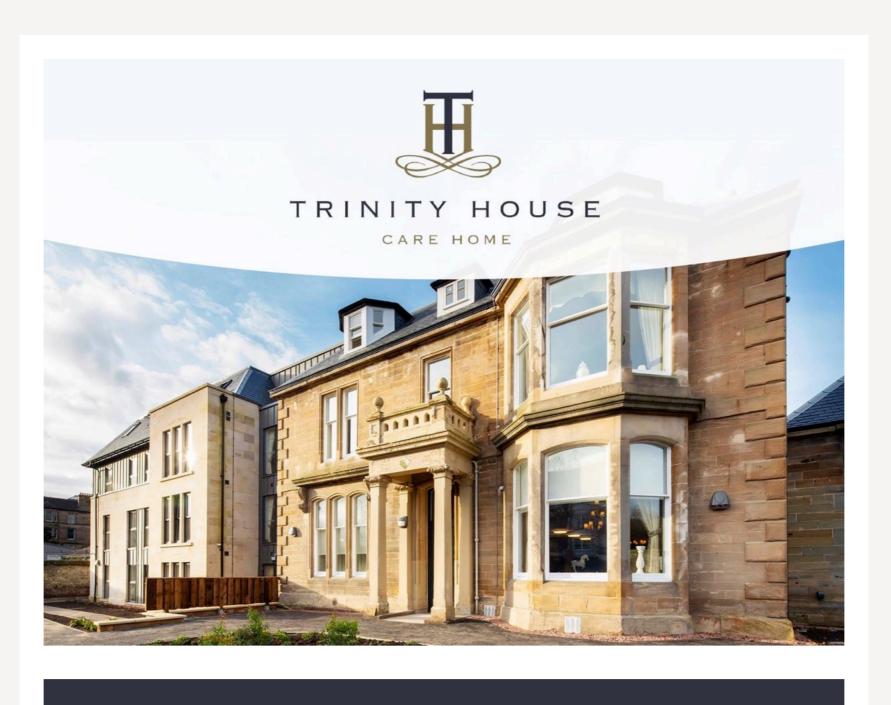
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Manager's Introduction

As the nights draw in and we begin to feel the crisp autumn weather, we are embracing the autumn and winter seasons. There are many festivities coming up within the home. We have St. Andrew's Day celebrations at the end of November, and, of course, we can now talk about Christmas. We have a fun-filled December packed with activities and festive events, and we want to see as many residents, friends, and family members joining us for this festive period. We will be sending out a separate itinerary outlining our December dates to remember.

We have our annual Christmas Fete on Saturday, the 7th of December, from 2pm to 4pm, where there will be a variety of Christmas goodies on offer, along with raffles and Tombolas. We look forward to seeing you all over the coming weeks.

Also, if you know someone who would like to receive our email newsletters/updates just let us know, or forward them the newsletter sign up link below:

Newsletter Sign-Up

Ann Lyell Home Manager

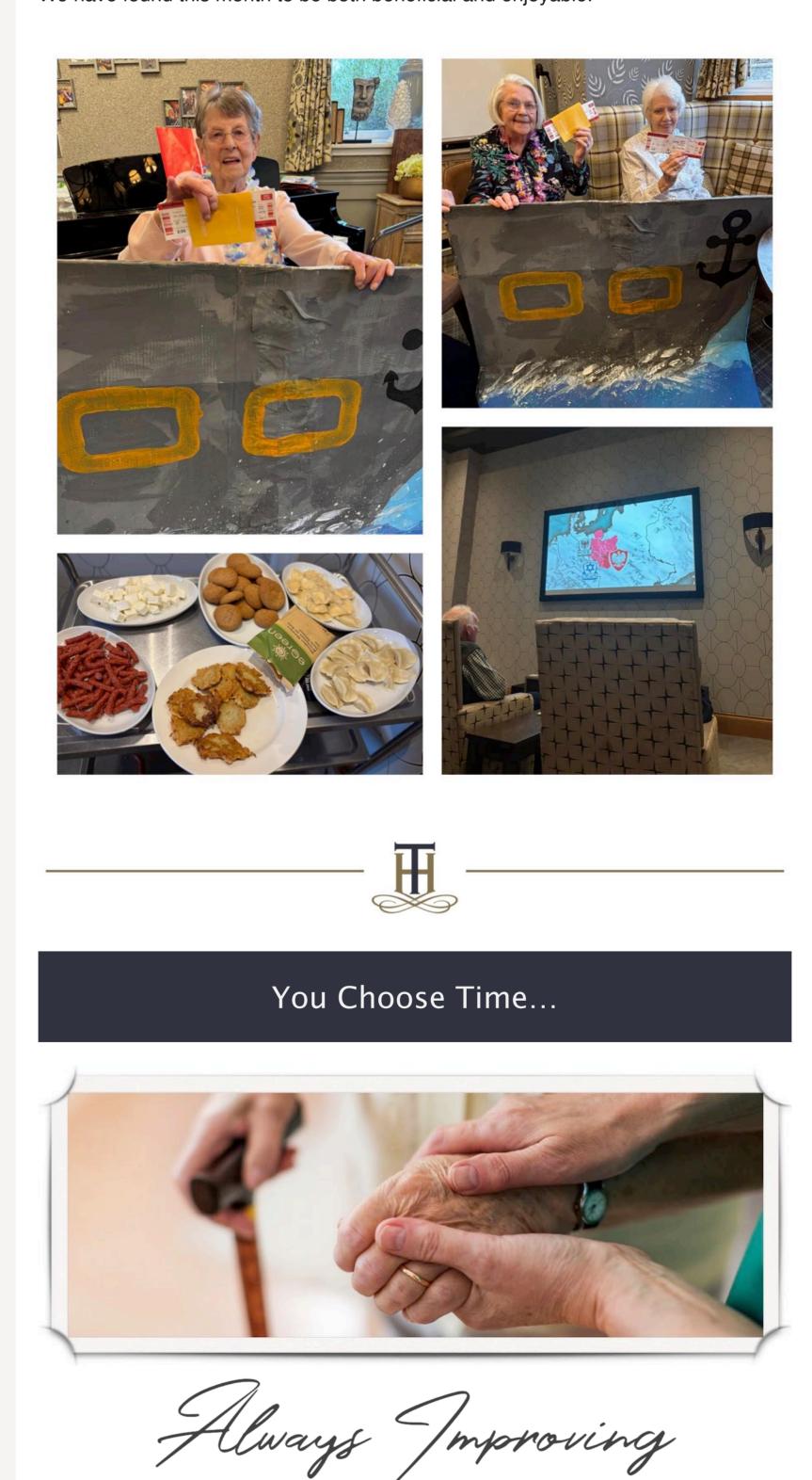
Best wishes,







For November, Trinity House has transformed into a cruise boat travelling around the world. This idea came to us during a reminiscing group about holidays in the summer months. The group provided feedback that they missed going on holiday and enjoying cruises. The countries we have visited so far include Spain, Poland and India, and we will be visiting Scotland for St. Andrew's Day. We have explored different cultures and cuisines, from trying tapas in Spain to Polish potato pancakes. We have found this month to be both beneficial and enjoyable.



At Trinity House, we have incorporated a designated 'You Choose Time' into our schedule to facilitate individualised activities. During this period, we engage in oneon-one interactions, which may include reading a book together, listening to music, or taking a walk in the park. This initiative is designed to support individuals who may find large group activities overwhelming or who are unable to attend such gatherings.





Sporting Memory Club



football fanatics

Every Tuesday, we join Spartans FC for their Sporting Memory Club. During this time, we enjoy lunch together, allowing everyone who loves football to come along, chat, and enjoy each other's company, followed by a quiz. We were very fortunate to be invited to a football match held at Spartans, where Celtic faced Hearts (B team). Everyone was so excited to watch the match from the stands!





Halloween Celebrations



During October, the residents of Trinity House carved pumpkins to decorate our piano bar. While doing so, they taught one of our activity coordinators about carving turnips and shared the best methods to use. By the end of the activity, all the pumpkins looked amazing and lit up our piano bar. We also enjoyed making chocolate-covered apples, which were a huge success.





Christmas Prep at Trinity House



Tasty Treats

This month, we began our Christmas preparations, which included baking our Christmas cake with the lovely Bonnie Bakes, who visits us every Wednesday to lead baking classes. The ladies were very excited to get involved and help the kitchen kickstart the Christmas preparations!



