



Welcome To Our Newsletter



Between, now and the last edition of our Newsletter, we have celebrated two of the biggest dates on the calendar; Christmas and New Year! We must take this opportunity to wish you all the very best for 2023.

Have a read about all that we got up to during the festive season.

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

[Sign-Up Form](#)

Best wishes,

Maggie Allison
Care Home Manager

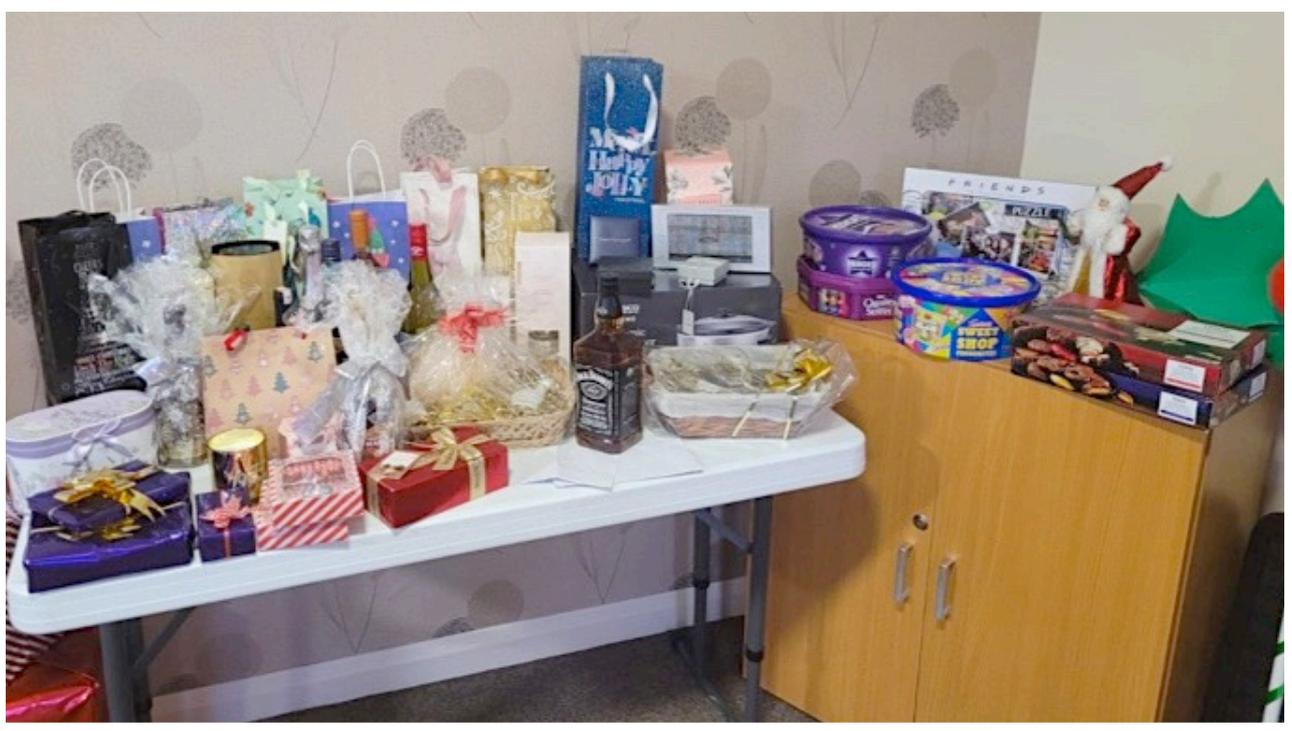


Festive Celebrations

Christmas Spirit

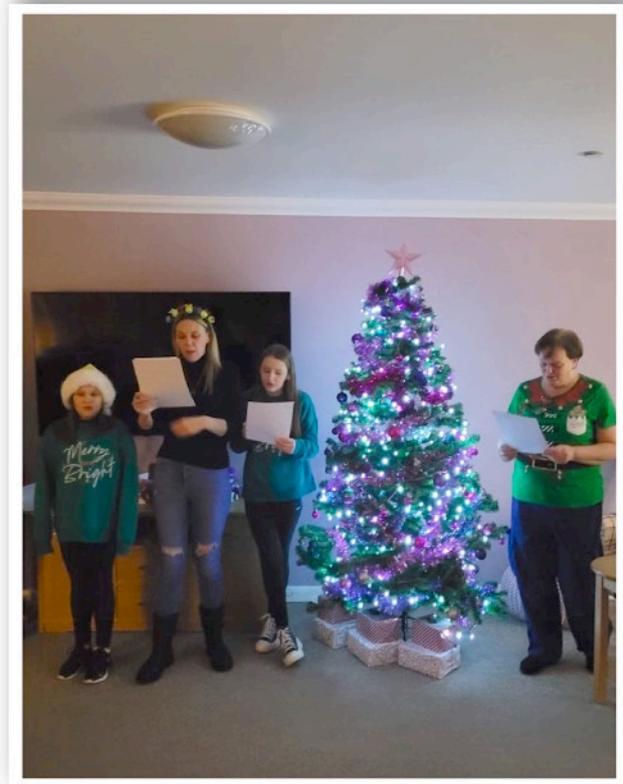
Christmas Party

Everyone enjoyed the Christmas Party on the 21st of December. Lots of families attended and the girls from Lanark Grammar asked if they could join us. We all got into the Christmas spirit, we had singing from Jack High and dancing with treats all around. Our raffle and a tombola raised over £500 for our residents fund. Thank you to everyone that donated, bought tickets and helped out - it was very much appreciated.



Carol Singing

Our annual Christmas Eve Carol Singing for the residents was again a huge success and really brought the joy of Christmas alive. Staff, their children, family and friends were amazing with their added lyrics to Rudolph the Red Nose Reindeer. It was a wonderful evening, enjoyed by everyone.



Christmas Day

Residents all celebrated Christmas Day together. First we opened presents while listening to Christmas music.

This was followed by a beautiful and delicious Christmas dinner with everyone all sat around the table as one. There were a few families that joined us for lunch which made it extra special for their loved ones.

New Year's Day

Happy New Year from everyone at Beechgrove. Residents all celebrated together with a traditional steak pie dinner. We listened to some traditional Scottish music while we ate.



Out & About



Cuppa & Chat

We had a trip to the café at Langloch Farm on Friday the 13th of January, the tea and cakes were absolutely delicious and our residents thoroughly enjoyed it. We hope to visit again real soon and take a walk around the woodland walkway, but not until the weather is a bit better.

Recent Activities

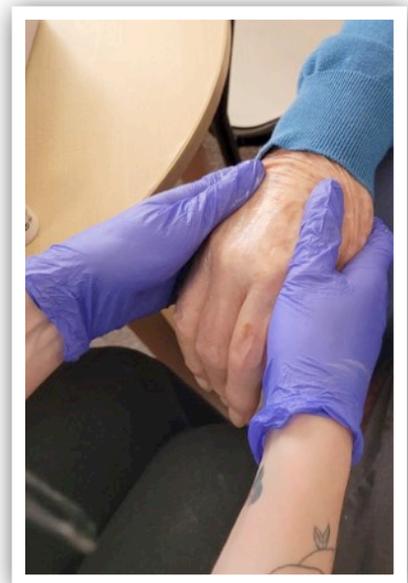
Furry Friends!

Pet Therapy

Cash is a firm favourite of all our visitors to our home. He was here on the 14th of December and goes to each unit to meet his friends. If they're not there he goes to their room to see them. He knows how to brighten up any day and puts smiles on our resident's faces. Staff also love to make a fuss over him and Cash really enjoys the fuss too!

Pamper Day

A relaxing Pamper Day was enjoyed on 29th December, especially after the Christmas rush. Residents enjoyed a wee hand massage and had their nails done ready to bring in the New Year.



Baking

We have been busy making cupcakes and decorating them, we also have been making our auld favourite - pancakes! We do give everyone a choice of what they want to bake but I'm afraid pancakes always comes out the winner, with both residents and staff.

Chair Exercises

We have a few regular songs that we like to exercise to. Our class usually turns into a singalong to Andy Stewart and other favourites, which then promotes discussions down memory lane of all the old songs that everyone sang along to.

Music & Entertainment

Music Quiz

Our Music Quiz was a little different, we picked an artist and played a game of naming the tune or even just singing it. Everyone really wracked their brains and had many laughs along the way.

Ukulele Band

We are very privileged to have had a visit from the local Ukulele Band who visited on the 4th of January to play some music for us. We started off with Christmas songs and then on to some popular music. Everyone enjoys the live music as it really does brighten your mood.



Birthday Wishes

Party Time!

We have had several birthdays this last month - Margaret N, Margaret F, Ruby, Helen, Betty and Cathy. We would like to wish each and everyone a huge happy birthday and hope you had a lovely day spending time with friends and family.

New Residents

Warm Welcome

Beechgrove would like to extend a huge warm welcome to our new residents Jane, George, Ena and Ina. We hope your stay with us is happy and enjoyable.

With Sympathy

Loving Memory

It is with great sadness that we announce the passing of Margaret, Dorothy, Alison, Isobel, Rena and Isobel. Our thoughts are with their families and friends at this difficult time. They will be sorely missed.

Social Media

Make sure to check out our [Beechgrove Care Home Facebook Page](#). Don't forget to 'Like' us!

Feedback

We appreciate any feedback, reviews or suggestions you may have. Please contact us or leave a review through the links below as we would be happy to receive any comments.

[Carehome.co.uk Reviews](#)

[Google Reviews](#)

