



INTRODUCTION

Message From Our Manager

We have had plenty going on at Rowan Park over recent months, with a good mix of activities at home and some lovely days out. Residents have been baking, keeping active, singing along to sea shanties and even enjoying their very own rave party!

We have also been out and about, with trips to Chew Valley Lake and the Haynes Motor Museum providing opportunities to enjoy a change of scenery and, most importantly, spend time together.

It has been lovely to see residents getting involved in so many different ways, sharing stories, having a laugh and enjoying each other's company. We hope you enjoy looking back at some of our recent highlights.

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 Form](#)

Best wishes,

Leanne Terry
Home Manager

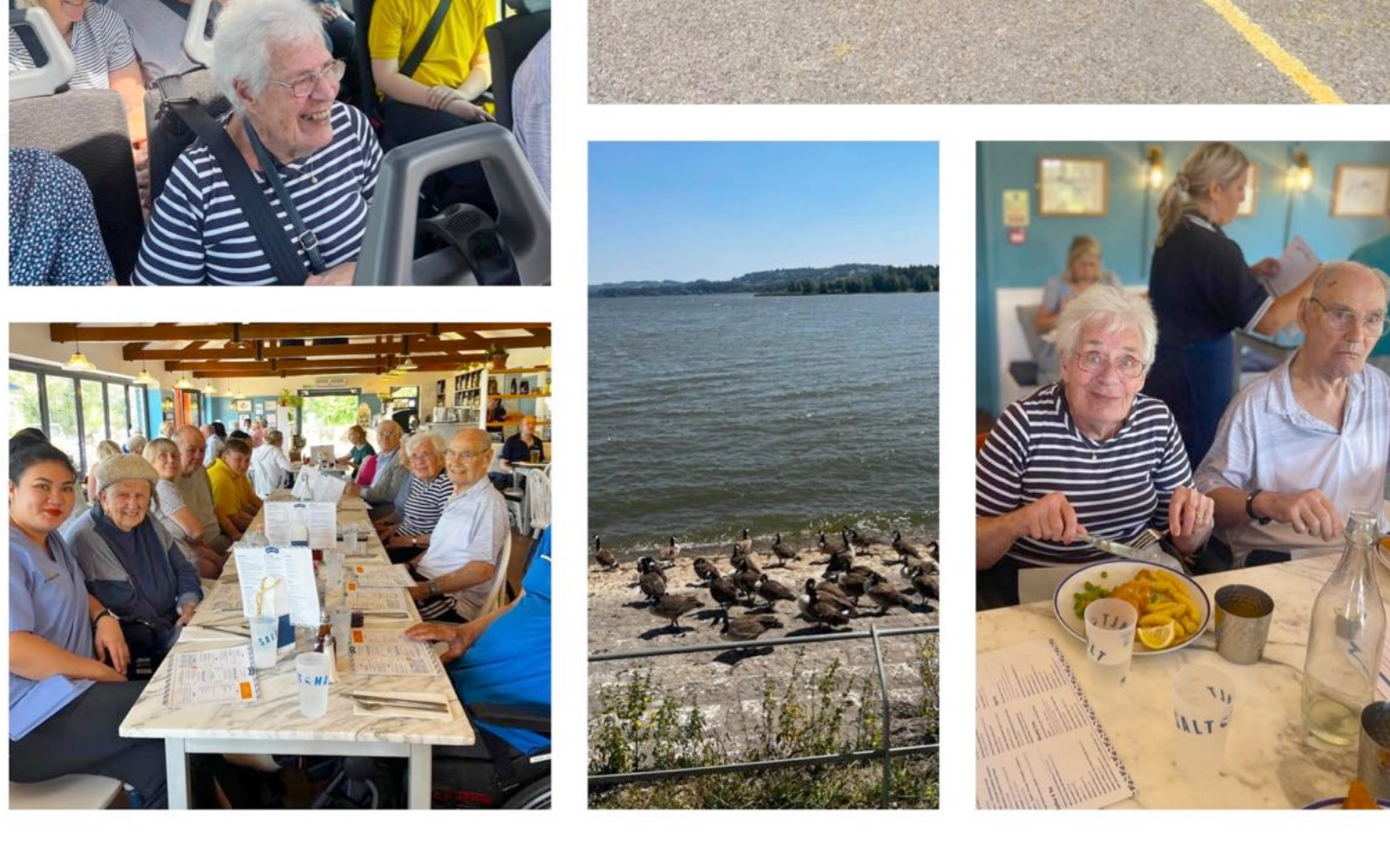


OUT & ABOUT

A Day at Chew Valley Lake

Our residents enjoyed a lovely day out to Chew Valley Lake, beginning with a scenic coach journey together.

Once we arrived, residents took in the views across the lake, enjoyed a gentle stroll in the sunshine and watched the many birds gathered around the water. The peaceful surroundings prompted plenty of conversation, with residents sharing memories of holidays, family outings and days gone by.



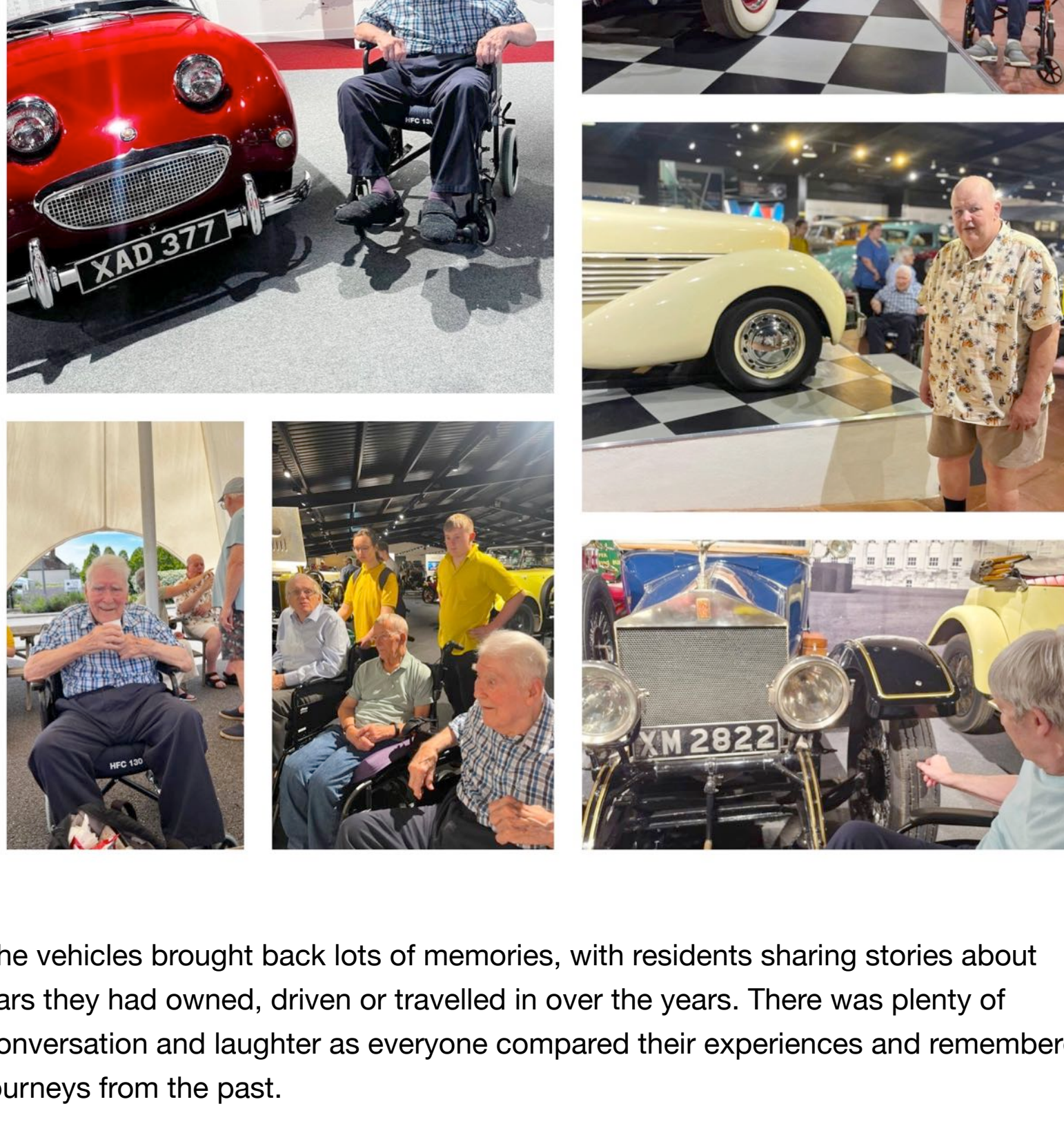
Afterwards, everyone had worked up an appetite and enjoyed a traditional lunch of fish and chips with all the trimmings. Some residents finished their meal with an affogato, which proved very popular.

It was a relaxing day with good food, fresh air and plenty of time to chat and enjoy each other's company before making the journey home.



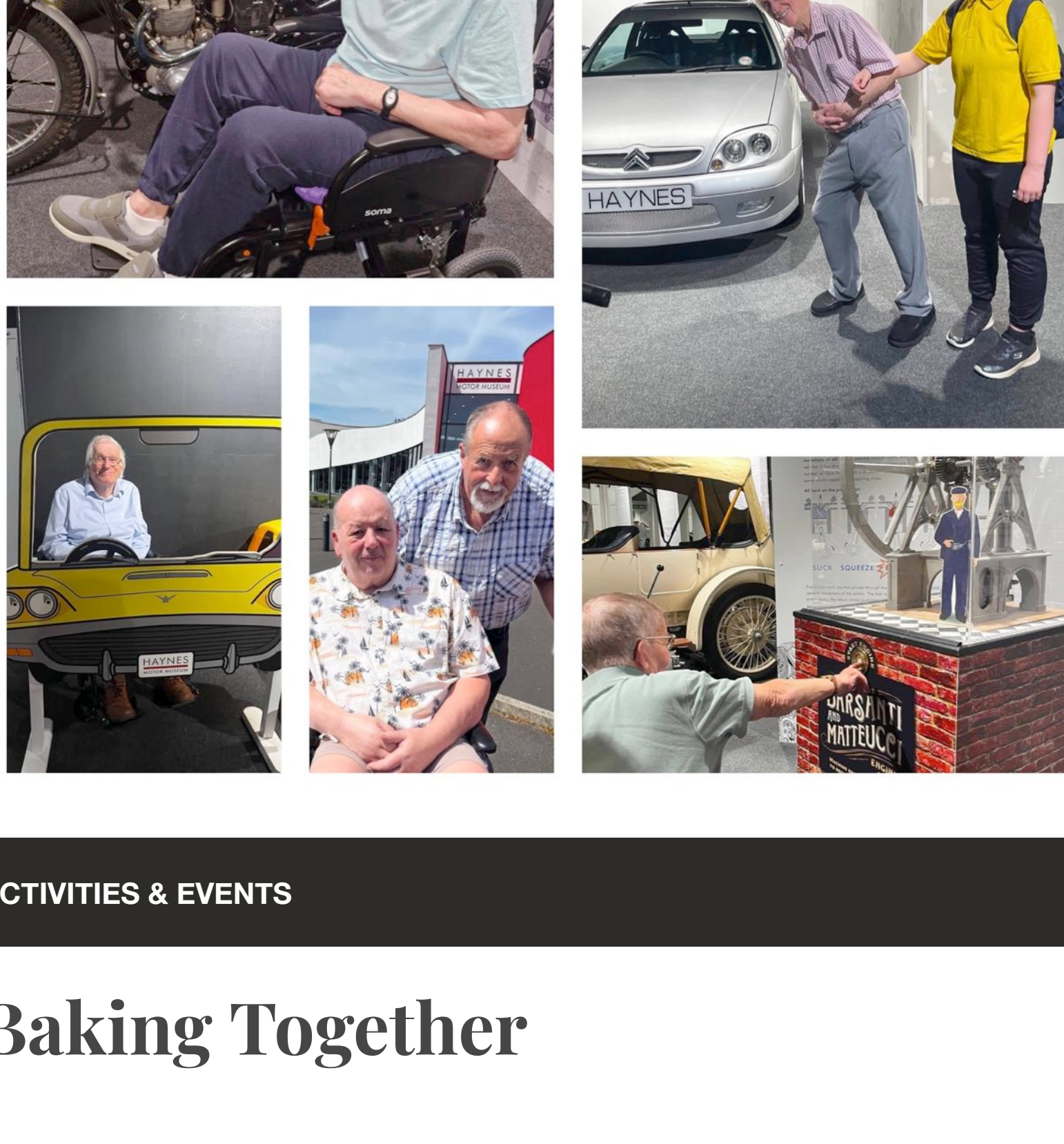
A Trip to Haynes Motor Museum

We also enjoyed a day out at the Haynes Motor Museum, where residents had the opportunity to look around the many different cars on display.



The vehicles brought back lots of memories, with residents sharing stories about cars they had owned, driven or travelled in over the years. There was plenty of conversation and laughter as everyone compared their experiences and remembered journeys from the past.

We finished our visit with a well-earned stop for refreshments before heading back to Rowan Park after another enjoyable day out.



ACTIVITIES & EVENTS

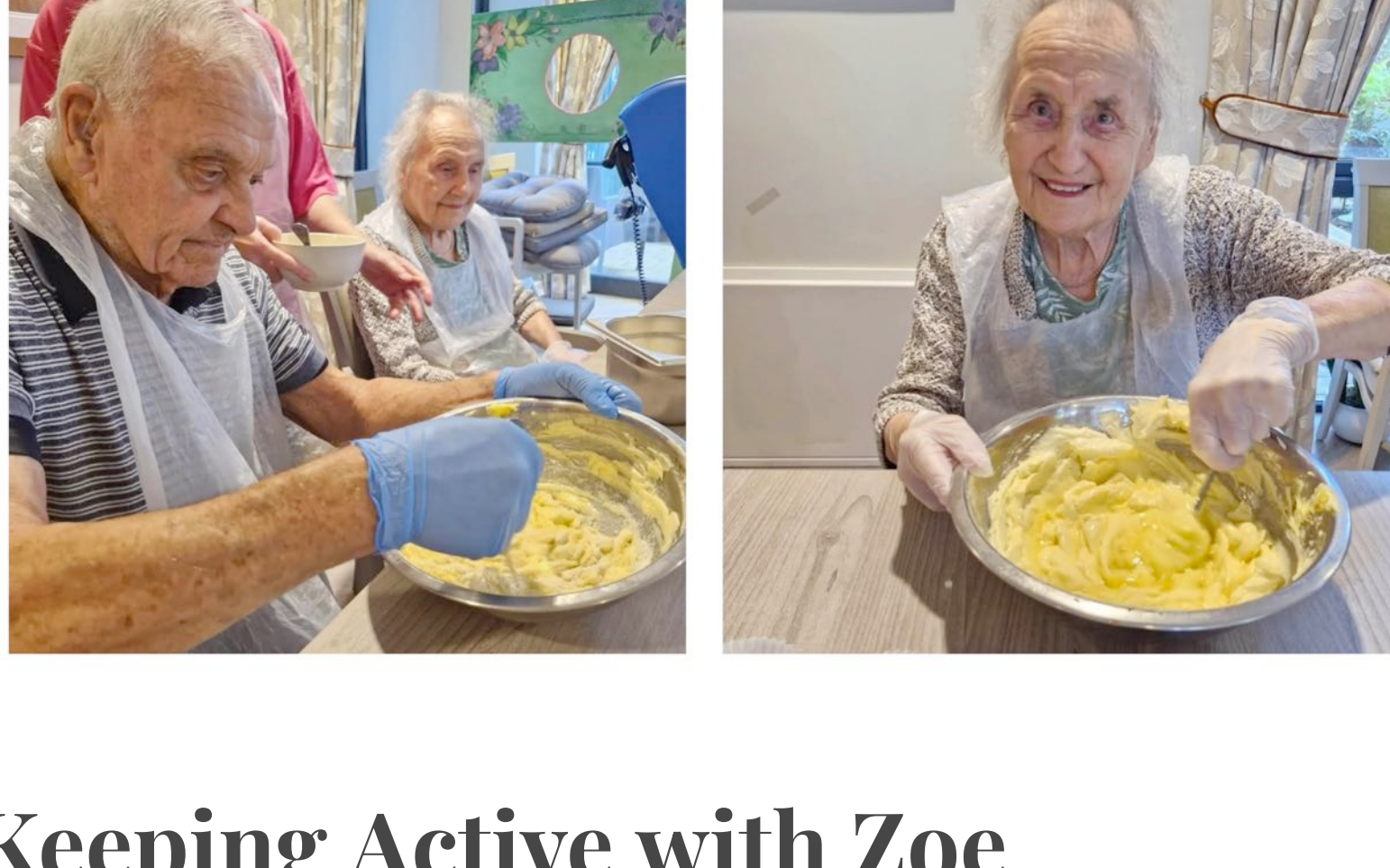
Baking Together

There is nothing quite like the smell of freshly baked cakes filling the home, and our residents recently got stuck into a busy baking session.

Everyone had a part to play, from mixing and measuring to decorating and, of course, the all-important job of tasting. There were plenty of smiles and conversations along the way as everyone worked together.

Baking can also bring back memories of time spent in the kitchen, favourite family recipes and baking with loved ones. It was lovely to hear some of these memories being shared while residents concentrated on creating their cakes.

Once everything was finished, there was only one thing left to do - put the kettle on and enjoy what we had made together!



Keeping Active with Zoe

We were pleased to welcome Zoe, our residents PT, back to Rowan Park for another energetic exercise session.

Residents enjoyed joining in with the different exercises, getting moving and having plenty of fun at the same time. Zoe brought lots of energy to the session and encouraged everyone to take part.

Thank you to Zoe for another enjoyable visit. It was great to see so many residents getting involved and keeping active together.



Sea Shanties Ahoy!

There was a definite nautical theme at Rowan Park when our very own pirate singer arrived for an afternoon of sea shanties.

Our pirate performer brought plenty of character and energy, entertaining residents with traditional sea shanties and familiar songs. It wasn't long before everyone was joining in, singing along and clapping to the rhythm.

A good singalong is always popular at Rowan Park, and this was certainly something a little different. Thank you to our pirate performer for bringing the spirit of the high seas to us for the afternoon.



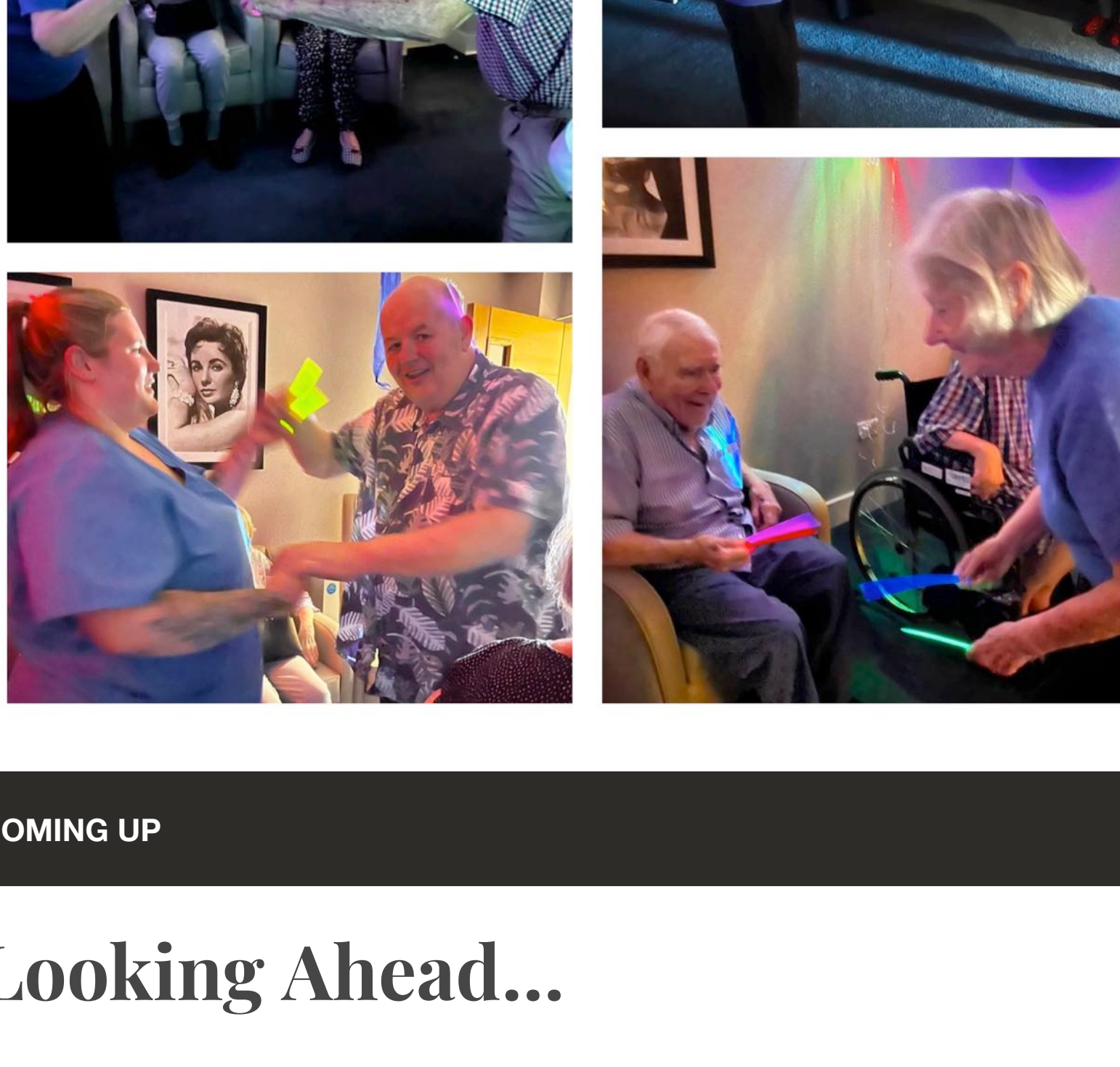
Rowan Park Rave Party

We decided to do something a little different and brought the party straight into Rowan Park with our very own rave afternoon.

With the lights down, glow sticks at the ready and the music turned up, residents enjoyed dancing, singing along and showing off some impressive moves under the disco lights.

Music and movement provide a fun way to keep active while also giving residents the opportunity to enjoy familiar songs, express themselves and spend time together. There was plenty of laughter throughout the afternoon and lots of residents were happy to get involved.

It certainly proved that you don't need to head to a nightclub to enjoy a good party!



COMING UP

Looking Ahead...

As we move further into autumn, we look forward to continuing with a varied mix of activities, entertainment and opportunities to get out and about.

Whether we are trying something new or enjoying one of our familiar favourites, there will be plenty more opportunities for residents to spend time together, have fun and share their stories.

Thank you to everyone who continues to contribute to life at Rowan Park. We look forward to sharing more of our news with you in our next newsletter.

EXTERNAL LINKS

Social Media

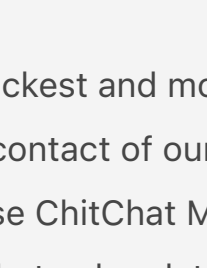
Make sure to check out the Rowan Park Care Home Facebook Page for all our latest photos!

[Don't Forget To 'Like' Us!](#)

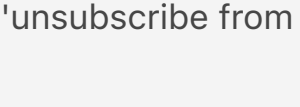
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