

ASHDALE

TELEGRAPH

MONTHLY NEWSLETTER

JANUARY 2017

A NEWSLETTER FOR THE RESIDENTS OF ASHDALE, THEIR RELATIVES AND FRIENDS

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ISSUE NUMBER 8



We all hope you had a very Merry Christmas and a Happy New Year!

It's the start of a brand new year so we have decided to start the year with lots of fun activities!

Quality Circle

This month's Quality Circle meeting will be held on Saturday 7th at 10.30am in the Activities lounge. Everyone is welcome to attend and give their opinions or any

suggestions they may have regarding Ashdale.

We hope to see you there.



A Brighter, Better New Year

Happy, Happy New Year!

We wish you all the best,

Great work to reach your fondest goals,
And when you're done, sweet rest.

We hope for your fulfilment,
Contentment, peace and more,
A brighter, better new year than You've ever had before.

By Joanna Fuchs



Flower Pot Creations

The residents of Ashdale will be creating flower pot decorations to celebrate another new year. Join us if you'd like to get stuck in with all the fun on Tuesday 10th January at 10.30am. All Welcome!



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Afternoon Games

Our activities ladies will be doing an afternoon of all different games including: monopoly, scrabble and cards. All welcome to join for an afternoon filled with fun.

Local News

Catch up with the local news and what has been going on in our town.

Join in and listen to debates and discussions with the different topics affecting our area now.



Christmas Lunch @ the Golf Club

The residents at Ashdale enjoyed a lovely Christmas dinner at the Golf club in Pennar, Pembroke Dock.

Thank you to all the staff and family members who volunteered.

Oh no he isn't! Oh yes he is!

Ashdale's annual pantomime came to life with the well known fairytale of 'Little Red Riding Hood'. Our resident's designed costume ideas and staff put together a wonderful performance. Thank you to all who

participated for putting on a wonderful show!

Resolutions

A New Year, a new you. Every year millions upon billions of people make New Year's resolutions which many very rarely stick to. So let's take a look at what the top New Year's resolutions actually are:

No.1 : Losing weight

No.2: Getting organised

No.3: Spend less, save more

No.4: Enjoy life to the fullest

No.5: Staying fit and healthy

What's your New Year's resolution?

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January Birthdays

We would like to wish the following residents Happy Birthday:

John Lloyd

Lady P

Betty Walsh

We would also like to wish the following staff Happy Birthday too:

Lasma Zeltina

Natalie Brockway

Mandy Perry

Beverley Smith

Sharon Kaye

Happy Birthday to you all!



Thanks for reading our 'Ashdale Telegraph'

We would love to hear your feedback regarding the Ashdale Telegraph or any stories you would like added.

Please speak to Ruth or Brittany or email admin@ashdalecare.co.uk.

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New Year's Word Search Puzzle

B P M Q N U I T Z I H V P N N
E A B Q O E N I W V V W I O O
Y M E T I Q I O U T I R G I B
E B G H T U T N S L I A T T B
D D I G A M I A O S M L I C I
B U N I R N O I T U L O S E R
K R N N B T X E N D W M U L F
W A I D E E N E W T C K G F M
O D N I L D H X M M I P L E J
N N G M E S N X U I B U A R H
S E C X C S D R A C X N S Q M
J L M R A C F X P U Y J S O D
V A S K R O W E R I F Y E M L
B C P S I T T E F N O C S S O
C W D L O S G N I T E E R G C

BEGINNING REFLECTION
CALENDAR RESOLUTION
CARDS RIBBON
CELEBRATION SNOW
COLD TOAST
CONFETTI WINE
END
FIREWORKS
GLASSES
GREETINGS
IN
MIDNIGHT
NEW
OLD
OUT

HAPPY NEW YEAR!!!